

Skinny Egg Roll Stir-Fry-

Have you ever tried it? it's DELICIOUS

INGREDIENTS

1 lb ground pork lean (90/10)
1 large onion thinly sliced
1 small head of cabbage shredded
3 carrots shredded
4 cloves of garlic minced
1 tbsp fresh ginger minced
2 tsp olive oil
1/4 cup reduced sodium soy sauce
1 tsp toasted sesame oil
1 tbsp rice vinegar
1/2 tsp black peppe

INSTRUCTIONS

Heat 1 tsp olive oil in a large skillet over medium high heat. Add in onions and ground pork, and cook until meat is cooked through. Transfer to a bowl and set aside.

Return skillet to heat, and add remaining tsp olive oil. Stir in cabbage and carrots, and cook, stirring regularly, until cabbage is softened and wilted a bit, about 5-7 minutes.

In a small bowl, combine sesame oil, rice vinegar, soy sauce, garlic, ginger, and pepper.

Reduce heat to medium. Return meat to the pan with the cabbage, and stir in the soy sauce mixture. Stir well to combine. Cook for another 2-3 minutes, and then serve.

RECIPE NOTES

Entire recipe makes 4 servings

Serving size is about 1 1/2 cups

Each serving = 5 Smart Points

PER SERVING: 218 calories; 12g fat; 3g saturated fat; 1g carbohydrates; 0g fiber; 0g sugar; 22g protein