

## **Pork and Broccoli Stir-Fry**

Serves 4

1 pound pork tenderloin cut into ¾ inch cubes  
4 cloves (2 tsp) minced garlic  
1 tbsp minced ginger  
1 tbsp cornstarch  
1 tbsp dry cooking sherry  
1 tbsp low sodium soy sauce  
1 cup low sodium chicken broth  
1/3 cup hoisin sauce  
1 tsp sugar  
1 tbsp sesame oil  
3 cups broccoli florets, cut into 1 inch pieces (look for bags of florets in the produce section)

Combine pork, garlic and ginger and set aside  
Stir the cornstarch and the sherry together, then add the soy sauce, chicken broth, hoisin and sugar  
Heat oil in a large non-stick skillet over medium-high heat  
Add the pork and cook, stirring frequently, until lightly browned, about 4 minutes  
Add the broccoli and cook stirring frequently until crisp tender about 2 minutes  
Stir the sauce mixture and add it to the skillet, bring to a boil and cook, stirring constantly until thick about 2 minutes

Per serving:  
444 calories  
58 g carbohydrates  
3 g fiber  
36 g protein  
8.5 g fat  
2 g sat fat  
74 mg cholesterol  
549 mg sodium

**Nutrisense Inc. 373 Route 111 Smithtown NY 11787 631 979-6699**