Sweet and Spicy Stir-Fry

Serving Information
Makes approximately 2 servings (one serving = 1¼ c.)

Ingredients
4 oz. lean pork, chicken, shrimp, or lean beef, sliced into very thin strips
1 small/medium sized carrot, peeled and sliced thin
1 medium potato, unpeeled and diced
1 small onion, diced
½ c. celery, diced
1 c. shredded green cabbage
Cooking spray

Sauce
½ Tbsp. cornstarch
¼ c. water (or less)
2 Tbsp. reduced-sodium soy sauce
2 Tbsp. ketchup
1 Tbsp. packed brown sugar

Equipment
Large saucepan or electric frying pan
Small mixing bowl
Grater
Measuring cups and spoons

Directions
1. Spray large skillet or electric frying pan with cooking spray. Add meat and cook over medium high heat, stirring frequently, until meat is browned.
2. Add carrots and potatoes; cook for 5 minutes, stirring frequently.
3. Add celery, onion, and cabbage; cook 5 minutes or until potatoes are tender.
4. Mix cornstarch and water in a small bowl, and stir until cornstarch is dissolved.
5. Add soy sauce, ketchup and brown sugar to cornstarch and water; mix well.
6. Pour sauce over meat mixture and toss well. Reduce heat and simmer for 10 minutes or until sauce thickens.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts
Serving Size (265g)
Serving Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 160</th>
<th>Calories from Fat 15</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
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</tr>
<tr>
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<tr>
<td>Sodium</td>
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<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
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<td>7%</td>
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<tr>
<td>Protein</td>
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Vitamin A 90% • Vitamin C 50%
Calcium 6% • Iron 10%  
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500

Total Fat Less Than 85g 80g
Saturated Fat Less Than 20g 25g
Cholesterol Less Than 300mg 300mg
Sodium Less Than 2,400mg 2,400mg
Total Carbohydrate 30g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4