

# Sweet and Spicy Stir-Fry

48

## 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)  
Servings Per Container

Amount Per Serving

**Calories 160**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 320mg**      **13%**

**Total Carbohydrate 23g**      **8%**

Dietary Fiber 4g      **16%**

Sugars 6g

**Protein 16g**

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	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

