

Mu Shu Pork Serves 8 | Serving size: 2/3 cup

1 bunch green onions, coarsely chopped	2 Tbsp water	1 Tbsp olive oil
1 Tbsp minced fresh ginger, or 1 teaspoon ground ginger	2 Tbsp rice wine vinegar	1/2 pound sliced mushrooms
1 tsp minced garlic	2 Tbsp cornstarch	1 1/2 cups shredded carrots
2 Tbsp lite soy sauce	1 1/2 pounds lean pork tenderloin, cut into matchstick slices	1 (8-oz) can sliced water chestnuts, drained
	1 egg white, slightly beaten	2 Tbsp Hoisin sauce

1. In a small bowl, combine the green onions, ginger, and garlic; set aside. In a medium bowl, combine the soy sauce, water, vinegar, and cornstarch. Add the pork and stir to coat, then cover and marinate in the refrigerator for 15 minutes.
2. In a large non-stick skillet coated with nonstick cooking spray, cook egg white over medium heat until set, about 2-3 minutes. Remove the egg from the pan and cut into thin strips.
3. In the same skillet, heat the oil over medium heat and add the green onion mixture, stirring for 1 minute. Add the mushrooms and pork mixture and stir-fry until tender over medium heat, about 5-7 minutes.
4. Add the carrots, stirring for 2 minutes or until tender-crisp. Add the water chestnuts and Hoisin sauce, stirring until well heated. Mix in strips of egg and serve.

This classic dish is traditionally served in crepes, but it's also delicious over rice or wrapped in flour tortillas. Try adding shredded cabbage for a fiber-filled wrap.

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Exchanges/Choices: 1 Carbohydrate 3 Lean Meat	Total Fat 5.0 g Saturated Fat 1 g	Total Carbohydrate 11 g Dietary Fiber 3 g
Calories 171 Calories from fat 43	Cholesterol 55 mg Sodium 190 mg	Sugars 4 g Protein 20 g

Black Bean Chili Makes 10 servings | Preparation time: 20 minutes | Cook time: 30 minutes

1/4 cup olive oil	drained, reserving 1/2 cup of liquid.
2 cups finely chopped onion	
1 2/3 cups chopped red bell pepper	1 (16-oz) can tomato sauce
2 Tbsp chopped garlic	1 (14.5-oz) can petite diced tomatoes
2 cups sliced zucchini	2 Tbsp SLENDA® No Calorie Sweetener with Fiber, Granulated
2 Tbsp chili powder	
1 1/2 tsp cumin	1/4 tsp salt
1/2 tsp chipotle chile powder	1/8 tsp pepper
2 tsp oregano	
3 (15.5-oz) cans black beans,	

1. HEAT oil in a large pot over medium heat. Add onions, red peppers, garlic and zucchini and cook until onions soften.
2. ADD spices and cook for 2 minutes over low heat. Add all remaining ingredients and simmer for 15 minutes.

Nutrition Information per Serving | Serving Size: about 1 cup

Calories 170	Total Carbohydrate 29 g
Total Fat 6 g	Dietary Fiber 10 g
Saturated Fat 1 g	Sugars 7 g
Cholesterol 0 mg	Protein 7 g
Sodium 940 mg	



This recipe is provided compliments of



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Simple Sesame Broccoli

Serves 4 | Serving size: ½ cup

1 tsp olive oil	½ cup fat-free low-sodium fat free chicken or vegetable broth
1 tsp minced garlic	Salt and pepper to taste (optional)
1 tsp minced fresh ginger, or ½ teaspoon ground ginger	1 tsp sesame seeds, toasted
2 cups broccoli florets	

1. In a large nonstick skillet coated with non-stick cooking spray, heat the olive oil over medium heat and sauté the garlic and ginger for 15 seconds. Add the broccoli and chicken broth and bring to a boil.
2. Reduce heat, cover, and simmer for 4-6 minutes or until the broccoli is tender-crisp. Season with salt and pepper (if using) and sprinkle with sesame seeds.

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Exchanges/Choices:

1 Vegetable

Calories 26

Total Fat 2 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 18 mg


Total Carbohydrate 2 g

Dietary Fiber 1 g

Sugars 0 g

Protein 2 g


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