

Chinese Pork w/Rice and Veggies

Cooked pork tenderloin, diced

Cooked brown rice

Bundle of asparagus, cut in bite size pieces

½ red pepper, diced

½ sweet onion, diced

Sauce

2 Tablespoon sesame oil

2 Tablespoon low sodium soy sauce

1 Tablespoon rice vinegar

1 Tablespoon brown sugar

1/8 teaspoon ginger

1/8 teaspoon red pepper flakes

Directions: Heat a small amount of sesame oil in a wok or skillet. Add red pepper and onions. Cook until tender. Add asparagus. Cook for 1 minute. Add pork and rice. Cook until warmed through. Add sauce and combine.