



Peanut Ginger Pork Stir Fry

INGREDIENTS:

1 pound	Pork tenderloin, trimmed and cut into 1 oz. pieces
1 cup	Shiitake mushrooms, julienned
1 cup	Yellow onion, julienned
1 cup	Carrots, sliced on bias
3 cups	Broccoli florets, trimmed to medium size
2 each	Red bell pepper, julienned
1 teaspoon	Sesame oil
4 teaspoons	Light soy sauce
2 tablespoons	Fresh ginger, minced
1 tablespoon	Garlic, minced
2 tablespoons	Peanut butter, creamy style
4 cups	Soba noodles, cooked
1 bunch	Scallions, chopped (garnish optional)

PREPARATION:

- Heat a large non-stick skillet or a wok over high heat. Add ½ teaspoon of oil and heat until smoking.
- Add pork and stir-fry until golden brown, about 3 minutes.
- Remove pork from wok.
- Add remaining oil and heat again. Add shiitakes, onions, and bell pepper. Stir-fry for 3 to 5 minutes or until vegetables are crisp tender and caramelized.
- Add soy sauce, ginger, garlic, and peanut butter, then stir-fry for 30 seconds.
- Add pork back to the wok and stir to reheat.
- Serve 1 cup of stir-fry over 1 cup of a Soba noodles.

Chef's Note: *This dish works well with substitutions – use any vegetables you may already have or switch up the protein source using chicken, shrimp, tofu or beef tenderloin.*

Number of Servings:	4
Portion Size:	1 cup stir-fry, 1 cup noodles
Calories:	325
Fat Grams:	10

