

LOW PROTEIN RECIPE - Main Dish

Pacific Pork:

Makes 4 servings - approximately 1 1/2 cups per serving.

Ingredients:

8 ounces lean center cut pork chops, uncooked, cubed
1 cup onion, sliced
1/2 cup water
1 tbsp low sodium soy sauce
1 lb green cabbage, shredded (coarse not fine)

How to Make:

Spray a large skillet with cooking spray.
Heat skillet over medium heat until hot.
Add pork and onion, cooking for approximately 10 minutes until browned.
Add remaining ingredients, cover, reduce heat and simmer for 15 minutes.

Composition:

1 serving = 1 1/2 meat list A
 2 vegetables
(15 grams pro, 180 mg Na, 140 mg phos, 40 mg chol)

Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:
rice
chow mein Chinese noodles
gelatin with fruit

For Diabetics Only:

1 serving = 1 1/2 meat exchanges
 2 vegetable exchanges