

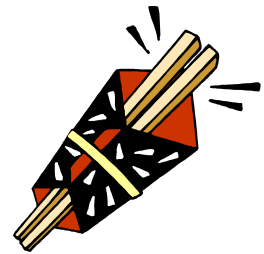


Try this tasty stir-fry soon! When you buy pork for another meal, save about a half pound for this dish and cut it into strips before freezing. Then you'll be ready to chop the veggies and go! Serve it over rice for the non-SCDers at the table.

Serves 3-4



Nutty Pork Bowl



- 1 c. chopped walnuts, divided
- 1 Tbs. honey
- 2 boneless pork loin chops (4 oz. each), cut into strips
- 1 Tbs. vegetable oil
- 1 c. shredded carrots
- 1 c. sliced celery
- 1 c. chopped green onions
- 1 c. coleslaw mix or shredded cabbage
- 1/2 tsp. minced garlic
- 2 Tbs. toasted sesame seeds, divided
- 1 Tbs. lemon juice
- 1/2 tsp. sesame oil
- (1 package [6.2 oz.] fried rice mix for non-SCDers)

If serving non-SCDers, prepare rice according to package directions. Meanwhile, in a small skillet over medium heat, cook and stir the walnuts and honey for 4 minutes. Spread on foil to cool.

In a large nonstick skillet or wok, stir-fry pork in oil for 3-5 minutes or until no longer pink and beginning to brown on the edges. Remove with a slotted spoon.

In same skillet, stir-fry carrots, celery, green onions, cabbage, garlic and 1 Tbs. sesame seeds for 3-4 minutes. Add most of the walnuts, lemon juice and sesame oil. Cook and stir for 2 minutes. Add pork; heat through. Sprinkle with remaining sesame seeds and walnuts. Serve over rice for non-SCDers.