



Grab-a-Fork Pork Fried Rice



1/4 of recipe (about 1 3/4 cups): 215 calories, 5g total fat (1g sat. fat), 639mg sodium, 24g carbs, 6g fiber, 11g sugars, 19g protein

Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
8 oz. raw pork tenderloin, trimmed of excess fat, chopped
1/8 tsp. garlic powder
1/8 tsp. ground ginger
1/8 tsp. salt
1/8 tsp. black pepper
4 cups riced cauliflower
2 cups frozen peas and carrots
1 cup chopped onion
1 tbsp. sesame oil
2 tsp. chopped garlic
1/4 cup thick teriyaki marinade or sauce

Directions

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites/substitute until fully cooked, about 3 minutes, using a spatula to break them into bite-sized pieces. Transfer to a medium bowl.

Remove skillet from heat; clean, if needed. Respray, and bring to medium-high heat. Add pork and seasonings. Cook and stir until browned on all sides, about 2 minutes.

Add cauliflower, frozen veggies, onion, oil, and garlic. Cook and stir until pork is fully cooked and veggies are soft, 6–8 minutes.

Reduce heat to medium low. Add scrambled egg whites/substitute and teriyaki sauce. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 4 SERVINGS

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