



Delicious!

PREPARATION: 30 MINUTES | COOKING: 10 MINUTES | SERVINGS: 4

PORK FRIED RICE

INGREDIENTS

1 cup long grain white rice, dry

2 tablespoons olive oil

½ cup onion, diced

1 tablespoon garlic, minced

2 tablespoons ginger, minced

1 cup pork loin, diced ¼"

1 cup green cabbage, thinly sliced

¼ teaspoon red chili flakes

⅛ teaspoon ground black pepper

2 eggs, whisked

½ cup green onions, thinly sliced

¼ cup cilantro, chopped

½ cup basil, chopped

2 teaspoons lemon juice

1 tablespoon reduced sodium soy sauce

PREPARATION

- 1 Cook the rice according to instructions on the package. Prepare all other ingredients and set to the side.
- 2 In a large non-stick skillet, over medium-high heat, heat oil. Add onions, garlic and ginger and sauté for 1 to 2 minutes.
- 3 Add pork cubes and sauté until they are lightly browned and cooked through (4 minutes).
- 4 Add the cabbage and continue to sauté for approximately 2 minutes. Add rice, red chili flakes and black pepper and continue to sauté for 1 minute.
- 5 Push rice mixture to one side of the skillet. To the other side of the skillet add the whisked eggs. Cook until scrambled. Combine egg and rice mixture.
- 6 Add green onions, cilantro, basil, lemon juice and soy sauce. Sauté for another minute. Serve immediately.

SUGGESTION

- ✓ *This stir-fry is a great basic recipe to use leftover rice, meat, poultry and vegetables.*



PORK FRIED RICE



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic exchanges:

2 Meat + 3 Starch

Calories **378Kcal**

Protein **23g**

Total Carbohydrate **42g**

Fiber **2g**

Sugars **2g**

Fat **12g**

Saturated **3g**

Cholesterol **139mg**

Sodium **215mg**

Potassium **425mg**

Phosphorus **254mg**

Calcium **63mg**

Iron **3mg**

Magnesium **41mg**

Vitamin C **12mg**

Diet Types

✓ CKD Non-Dialysis ✓ Dialysis/Diabetes

✓ Dialysis ✓ Transplant

POTASSIUM CHECK ✓

Concerning additives in fresh and frozen pork loin

With the progression of CKD and when dialysis becomes necessary, more protein is needed to prevent malnutrition, which is common among people on dialysis.

Rich sources of protein include beef, pork, poultry, fish and seafood, eggs and dairy products. Lean cuts of meat are usually recommended. Be careful when selecting the leanest cuts of pork such as pork loin because they often contain added sodium, potassium and/or phosphorus. These are typically added as a marinade or injected, and are commonly vacuum-sealed to allow the additives to soak into the meat.

These additives maintain moisture during storage and cooking to retain the flavor, color, juiciness and tenderness of the pork. Choose fresh pork loin that is unseasoned or has not been injected or marinated to limit these additives. They can increase your blood pressure as well as blood potassium and phosphorus levels. Read the label carefully to determine if anything has been added to the meat. You can also ask the people working at the meat counter if the meat has been packaged with any additives.

To maintain moisture and add flavor when roasting fresh pork, rub meat with olive oil and sprinkle with herbs. Avoid overcooking which can be very drying, but take care to cook to a safe temperature. Use a probe thermometer to guarantee a perfectly cooked roast every time.

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