



Mu Shu Pork Wraps

Yield: Serves 4 (serving size: 2 wraps)

Ingredients

- 1 tablespoon dark sesame oil
- 1 tablespoon minced peeled fresh ginger
- 5 garlic cloves, minced
- 1 cup matchstick-cut carrot
- 2 (3.5-ounce) packages sliced fresh shiitake mushrooms
- 1 cup (1-inch) pieces green onions
- 4 cups thinly sliced napa cabbage
- 1/8 teaspoon kosher salt
- 1 teaspoon sugar
- 12 ounces boneless pork shoulder, trimmed and very thinly sliced
- Cooking spray
- 1 1/2 tablespoons water
- 1 tablespoon hoisin sauce
- 8 (6.5-inch) whole-wheat tortillas

Preparation

1. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add ginger and garlic; cook 30 seconds, stirring constantly. Increase heat to medium-high. Add carrot and mushrooms; cook 2 minutes, stirring frequently. Add onions and cabbage; cook 1 to 2 minutes or just until cabbage wilts. Spoon cabbage mixture into a large bowl; stir in salt.

2. Wipe pan clean with paper towels. Return pan to medium-high heat. Combine sugar and pork, tossing well to coat. Coat pan with cooking spray. Add pork mixture to pan; cook 3 minutes or until pork is browned and done, stirring occasionally. Carefully add 1 1/2 tablespoons water to pan, scraping pan to loosen browned bits. Stir in hoisin sauce. Add cabbage mixture to pan; toss gently to combine. Spoon about 2/3 cup pork mixture into each tortilla; roll up.

Nutritional Information

Amount per serving

Calories 391, Fat 14.1 g, Sat fat 4.6 g, Protein 25 g, Carbohydrate 40 g

Reasons to make this recipe:

- ✓ Incorporates cabbage, mushrooms and carrots into the dish.
- ✓ Use with or without the tortillas.
- ✓ Good balance of protein, fat and carbohydrates.
- ✓ Great homemade meal for the family!