

# CHOY SUM WITH PORK

## INGREDIENTS

- 1 pound **lean pork**
- 2 cloves **garlic**
- 1 large **tomato**
- 1 small **round onion**
- 1 pound **choy sum**
- 1 tablespoon **vegetable oil**
- 1 tablespoon **less sodium soy sauce**

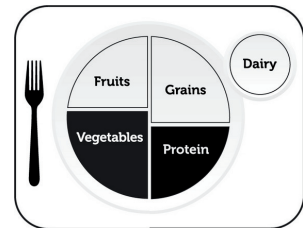
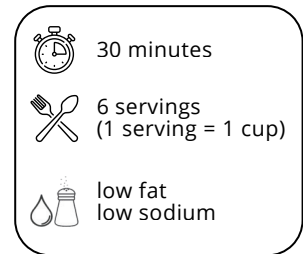
## DIRECTIONS

Always practice food safety when cooking.

- 1) Cut pork into ½ inch strips. Set aside.
- 2) Mince garlic. Set aside.
- 3) Cut tomato into ½ inch slices. Set aside.
- 4) Cut onion into ½ inch slices. Set aside.
- 5) Cut choy sum into 1 inch pieces. Set aside.
- 6) Add oil to medium size pan on medium high heat. Sauté pork with garlic for about 4 minutes or until pork is brown.
- 7) Reduce to medium heat and add tomato and onion. Sauté for about 3 minutes or until onion is soft and somewhat clear.
- 8) Add the choy sum and soy sauce. Sauté for another few minutes until the choy sum is tender but not limp.

## NOTES

- Other vegetables, such as green beans, bok choy, and ung choy, can be added or used in place of the choy sum.
- Other meats, such as beef or chicken, can be used in place of pork. Ground meats can also be used.
- Firm tofu which is drained and patted dry with a clean paper towel can be substituted for the pork.
- Patis (fish sauce) can also be used in place of soy sauce. Add lightly to taste.



Nutrition Facts	
6 servings per container	
Serving size	1 cup (259g)
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 190mg	8%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 18g</b>	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2mg	10%
Potassium 707mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Pacific Islands Cookbook