

Hunan Style Pork

1/2 pound boneless pork loin
1 tablespoon plus 4 teaspoons
cornstarch, divided
3 tablespoons soy sauce, divided
1/2 teaspoon sugar
1 clove garlic, minced
1/4 teaspoon crushed red pepper
1 pound fresh broccoli, trimmed
2 tablespoons vegetable oil,
divided
1 tablespoon slivered fresh ginger
root
1 onion, chunked and separated
10 cherry tomatoes, halved
Hot cooked rice

Cut pork across grain into thin slices; coat with mixture of 1 tablespoon each cornstarch and soy sauce, sugar and garlic. Let stand 10 minutes. Meanwhile, combine remaining 4 teaspoons cornstarch and 2 tablespoons soy sauce with red pepper and 1 1/4 cups water. Cut broccoli into bite- size flowerets and stems into thin slices. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add pork and stir-fry 2 minutes; remove. Heat remaining 1 tablespoon oil in same pan. Add ginger; stir-fry 30 seconds. Add onion and broccoli; stir-fry 4 minutes. Stir in pork, tomatoes and soy sauce mixture; cook, stirring, until sauce boils and thickens. Serve over rice.

Serves 4.

WW Points: 5 pt.

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