



Gingered Pork over Spaghetti



1/2 lb. uncooked whole wheat spaghetti noodles
1 lb. lean ground pork or ground turkey
1 garlic clove, minced
2 teaspoons minced fresh ginger root

1/4 teaspoon crushed red pepper flakes
1 1/4 Tablespoon cornstarch
1 cup water
1/4 cup low sodium soy sauce
1/4 cup white wine or chicken broth
1/2 cup chopped green onions

Instructions: Cook spaghetti noodles according to package directions. Meanwhile, in a skillet over medium high heat, brown the pork or turkey, adding the garlic, ginger, and pepper flakes in the last minute of cooking; drain grease. In a bowl or shaker, whisk cornstarch, water, soy sauce, and wine or broth. Pour over meat and add green onions. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Toss in drained spaghetti noodles and serve.

Yield: 6 servings

Nutrition Facts (per serving): 300 calories, 7 grams fat, 450 milligrams sodium, 31 grams carbohydrate, 4 grams fiber, 29 grams protein