

## Pork Pot Sticker Stir-Fry

*Using prepared pot stickers is a fun way to get a restaurant-style stir-fry in no time!*

Total time: 25 minutes

- 1½ tbsp (22 mL) canola oil
- 24 frozen pork and vegetable pot stickers (about 1 lb/450 g)
- 4 green onions
- ½ medium red bell pepper
- 2 carrots
- 1 1-in. (2.5-cm) piece fresh gingerroot
- 8 oz (250 g) ground pork
- 2 garlic cloves, pressed
- 8 oz (250 g) sugar snap peas, trimmed (see Cook's Tip)
- 1 can (8.75 oz) whole baby sweet corn, drained (about 1 cup/250 mL)
- ¼ cup (50 mL) reduced-sodium soy sauce
- 2 tsp (10 mL) toasted sesame oil
- 1 tsp (5 mL) cornstarch



1. Heat canola oil over medium-high heat in **12-in. (30-cm) Skillet** (*do not use stainless cookware*) 1-3 minutes or until shimmering. Add pot stickers; cook 6-8 minutes or until golden brown, stirring frequently. Remove from Skillet.
2. Meanwhile, thinly slice green onions and dice bell pepper with **Santoku Knife**. Cut carrots into julienne strips using **Julienne Peeler**. Grate ginger using **Ginger Grater** to measure 1 tsp (5 mL).
3. Add onions, ginger, pork and pressed garlic to Skillet. Cook over medium heat 3-4 minutes or until pork is cooked through, breaking into crumbles using **Mix 'N Chop**. Drain, if necessary, and return pork mixture to Skillet.
4. Add bell pepper, carrots, snap peas and baby corn to Skillet. Cook 3-4 minutes or until crisp-tender, stirring occasionally.
5. Mix soy sauce, sesame oil and cornstarch in **(1-cup/250-mL) Easy Read Measuring Cup**. Pour into Skillet; stir 1 minute or until heat through.
6. Return pot stickers to Skillet. Cook and stir 1 minute to heat through.

Yield: 6 servings

U.S. Nutrients per serving: Calories 300, Total Fat 15 g, Saturated Fat 3.5 g, Cholesterol 40 mg, Sodium 790 mg, Carbohydrate 25 g, Fiber 3 g, Protein 16 g

U.S. Diabetic exchanges per serving: 1½ Starch, ½ Vegetable, 1½ Med-Fat Meat, 1½ Fat (1½ Carb)

### Cook's Tips:

Sugar snap peas have a small thin string on the inside edge that is best to remove before eating. To remove, pull off the ends and pull away.

The **Sauté Tongs** are the perfect tool for moving the pot stickers around the Skillet.

