

## Asian Barbecued Pork

### Ingredients

- Cooking spray
- 1 (1 1/2-pound) pork tenderloin, trimmed
- 1/8 teaspoon salt
- 2 tablespoons hoisin sauce
- 2 tablespoons ketchup
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon chili garlic sauce
- 2 garlic cloves, crushed
- 1 1/2 teaspoons minced peeled fresh ginger
- Chopped cilantro (optional)



### Preparation

Preheat oven to 425°.

Heat a large ovenproof skillet coated with cooking spray over medium-high heat. Sprinkle pork with salt. Add pork to pan; cook 2 minutes on all sides or until browned. Remove from heat.

Combine hoisin and next 5 ingredients (through ginger) in a small bowl. Spread hoisin mixture over tenderloin. Insert meat thermometer into thickest portion of tenderloin.

Bake at 425° for 15 minutes or until thermometer registers 160°. Place pork on a platter; let stand 5 minutes.

Reserve 8 ounces (about 1/3) of tenderloin for Asian Pork Stir-Fry. Cut remaining tenderloin into 1/4-inch-thick slices. Garnish with cilantro, if desired.

Note: Hoisin sauce and chili garlic sauce may be found in the Asian-food section of most large supermarkets.

### Nutritional Information

Calories per serving: 175

Calories per serving: 30%

Fat per serving: 5.5g

Saturated fat per serving: 1.9g

Monounsaturated fat per serving: 2.2g

Polyunsaturated fat per serving: 0.6g

Protein per serving: 26g

Carbohydrates per serving: 3.4g

Fiber per serving: 0.2g

Cholesterol per serving: 80mg

Iron per serving: 1.4mg

Sodium per serving: 362mg

Calcium per serving: 8mg

<http://www.health.com/health/recipe/0,,1000000521890,00.html>

*Bonus recipes on following pages. See next page for Herbed Potato Salad recipe.*

## Herbed Potato Salad

**Yield:** 6 servings (serving size: about 1 cup)

### Ingredients

- 2 pounds Yukon gold potatoes
- 3 tablespoons white wine vinegar
- 1/2 cup plain low-fat yogurt
- 1/4 cup reduced-fat sour cream
- 1 tablespoon canola oil
- 1/2 cup finely chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced



### Directions

Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.

Drain. Cool slightly and peel.

Cut potatoes in half lengthwise; cut halves crosswise into 1/4-inch-thick slices. Place potatoes in a large bowl; sprinkle with vinegar.

Combine yogurt and sour cream in a medium bowl, stirring with a whisk until smooth. Add oil; stir with a whisk. Add onion and remaining ingredients; stir with a whisk. Add yogurt mixture to potato mixture; toss gently to coat.

Cover and chill 1 to 24 hours.

### Nutritional Information

Amount per serving

Calories: 168

Calories from fat: 21%

Fat: 4g

Saturated fat: 1.2g

Monounsaturated fat: 1.4g

Polyunsaturated fat: 0.8g

Protein: 4.2g

Carbohydrate: 30.1g

Fiber: 2.6g

Cholesterol: 6mg

Iron: 0.6mg

Sodium: 221mg

Calcium: 66mg

<http://www.myrecipes.com/recipe/herbed-potato-salad-1000000263956/>

*See next page for Lemony Carrot Salad recipe*

## Lemony Carrot Salad

Lemon juice and olive oil form the dressing base for this simple salad, made with fresh grated carrots, garlic, scallions and fresh dill.

Makes 4 servings

### Ingredients:

2 T lemon juice  
2 T extra-virgin olive oil  
1 small clove garlic, minced  
1/4 tsp salt, or to taste  
Freshly ground pepper to taste  
2 cups grated carrots (4 medium-large)  
3 T chopped fresh dill  
2 T chopped scallions



### Instructions:

Whisk lemon juice, oil, garlic, salt and pepper in a medium bowl. Add carrots, dill and scallions; toss to coat. Chill until serving time.

### Nutritional information per serving:

Calories 91  
Fat 7 g  
Sat fat 1 g  
Cholesterol 0 mg  
Protein 1 g  
Carbs 6 g  
Fiber 2 g  
Sodium 184 mg

[http://www.eatingwell.com/recipes/lemony\\_carrot\\_salad\\_with\\_dill.html](http://www.eatingwell.com/recipes/lemony_carrot_salad_with_dill.html)

*See next page for Spinach Salad with Black Olive Vinaigrette recipe.*

## Spinach Salad with Black Olive Vinaigrette

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons red-wine vinegar, or lemon juice
- 6 pitted Kalamata olives, finely chopped
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 6 cups torn spinach leaves
- 1/2 cucumber, seeded and sliced
- 1/2 red onion, thinly sliced



### Preparation

Whisk oil, vinegar (or lemon juice) and olives in a salad bowl. Season with salt and pepper. Add spinach, cucumbers and onions; toss well. Serve immediately.

**Nutrition Per serving:** 128 calories; 12 g fat ( 2 g sat , 9 g mono ); 0 mg cholesterol; 3 g carbohydrates; 2 g protein; 1 g fiber; 271 mg sodium; 284 mg potassium.

**Nutrition Bonus:** Vitamin A (80% daily value), Folate (22% dv), Vitamin C (20% dv).

[http://www.eatingwell.com/recipes/spinach\\_salad\\_with\\_black\\_olive\\_vinaigrette.html](http://www.eatingwell.com/recipes/spinach_salad_with_black_olive_vinaigrette.html)