Grab ‘n’ Go Dinner for Tonight

Citrus Pork with Couscous
Serves: 6

Ingredients	Aisle #
Nonstick cooking spray	Aisle 5
6 (4 oz) loin pork chops	Meat Dept
Salt and freshly ground pepper, to taste	Aisle 5
1 tsp dried thyme	Aisle 5
2 tsp minced garlic	Produce
1 cup orange juice, divided	Frozen juices
1 1/2 Tbsp grated balsamic vinegar	Aisle 1
1 Tbsp grated orange peel (orange part only)	Produce
2 large navel oranges, peeled, sliced, quartered	Produce
1 bunch green onions, chopped	Produce
1 cup whole wheat couscous, dry	Aisle 2
1 cup fat free, reduced-sodium chicken broth	Aisle 3
3/4 lb (12 oz) fresh sugar snap peas	Produce

1. Spray a large skillet with cooking spray and heat over medium-high heat. Add pork chops* and brown 2 to 3 minutes on each side. Add garlic to the skillet, cover and reduce heat to simmer.
2. While pork is cooking, pour 1 cup chicken broth and 1/2 cup orange juice into a medium saucepan; add sugar snap peas. Bring to a boil; stir in couscous, cover and remove from heat. Let stand for 5 minutes; fluff with a fork. Re -cover and keep warm.
3. In a 1-cup measure, combine 1/2 cup orange juice, balsamic vinegar, and grated orange rind. Pour over pork chops in skillet. Add orange pieces and chopped green onion. Bring to a boil and reduce heat, and simmer uncovered for about 3 minutes or until pork is no longer pink in the center.
4. Place the couscous in large serving bowl. Arrange pork chops over couscous and pour the orange-juice mixture over all. Makes 6 servings.

*Pork may also be cut into bite-size chunks before browning.

Citrus Pork with Couscous
Servings Per Meal (6)

Amount Per Serving	
Calories 430	**Calories from fat 110**
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans fat 0g	
Cholesterol 70mg	23%
Sodium 230mg	10%
Total Carbohydrate 48g	16%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 33g	

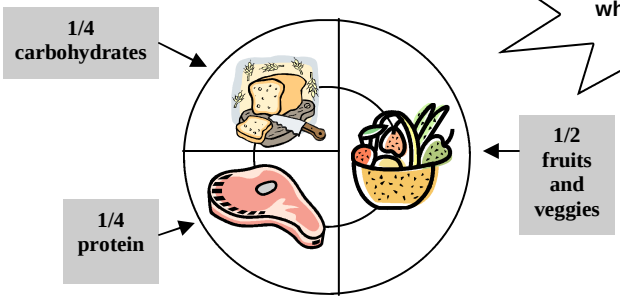
Vitamin A 10% • **Vitamin C** 140%
Calcium 8% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate
Includes carbohydrates, protein, fruits and vegetables



Create a healthy plate by adding a whole wheat roll

Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.53

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.