

Grab 'n' Go Dinner for Tonight



Lemony Pork & Asparagus Skillet Serves: 4

Ingredients:

- 2 cups bowtie pasta, uncooked
- 1 lb boneless sirloin pork chops, cubed
- 2 tsp canola oil
- 1/2 tsp salt
- Pepper to taste
- 1/2 tsp dried rosemary, crushed
- 1 tsp minced garlic
- 1 lb tomatoes, diced
- 3/4 lb (12 oz) asparagus, tough ends removed, cut into 1" pieces
- 2 carrots, thinly sliced
- Juice of 1 lemon
- 1/4 cup parsley, chopped
- 1/4 cup shredded Parmesan cheese

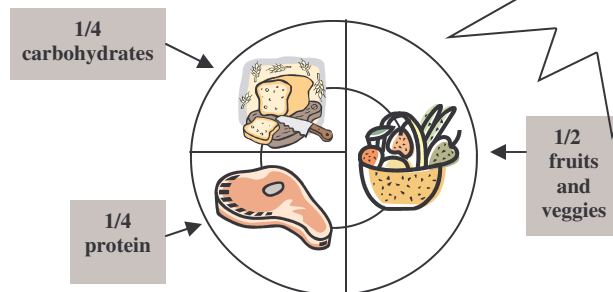
Where to find it:

- Aisle 2
- Meat Dept.
- Aisle 5
- Aisle 5
- Aisle 5
- Aisle 5
- Produce
- Produce
- Produce
- Produce
- Produce
- Refrigerated Cheeses

1. Cook pasta according to package directions without added salt or oil. Meanwhile, heat nonstick skillet with oil over medium heat. Add cubed pork, salt, pepper, rosemary and garlic. Cook until pork is browned lightly.
2. Add asparagus and carrots to the pan; continue cooking for 4-5 minutes, until they are crisp-tender, stirring often. Add tomatoes and stir gently to combine.
3. Drain pasta and add to the skillet; stir gently to combine. Sprinkle with lemon juice, parsley and Parmesan cheese; serve hot.

Lemony Pork & Asparagus Skillet		
Servings Per Meal (4)		
Amount Per Serving		
Calories 410	Calories from fat 130	
% Daily Value*		
Total Fat 15g		23%
Saturated Fat 4.5g		23%
Cholesterol 85mg		28%
Sodium 480mg		20%
Total Carbohydrate 35g		12%
Dietary Fiber 4g		16%
Sugars 8g		
Protein 32g		
Vitamin A 200%	•	Vitamin C 50%
Calcium 15%	•	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



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.59

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



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