Grab ‘n’ Go Dinner for Tonight

Pork Lo Mein

Ingredients	Where to Find It
4 oz uncooked Ronzoni Healthy Harvest whole wheat blend thin spaghetti	Aisle 2
3/4 lb boneless loin pork chops	Meat Dept
1 bag (1 lb) frozen pea pods, carrots and mushrooms (Flav-R-Pac)	Frozen Veg section
6 Tbsp KC Masterpiece Honey Teriyaki with Sesame Marinade	Aisle 1
1/4 tsp ground ginger (Spice Hunter)	Aisle 5

1) Cook pasta according to package directions, omitting salt. Pour pasta and hot water into colander filled with frozen vegetable mixture; let drain, cover and keep warm.
2) Meanwhile, cut pork chops into bite-size pieces.
3) Heat a 10” nonstick skillet over medium-high heat. Add pork; cook and stir 3 minutes.
4) Add vegetables, pasta, teriyaki baste and glaze, and ginger to the pork in the skillet.
5) Reduce heat to medium-low; cover and simmer 3 to 5 minutes, stirring once, until pork is no longer pink in center and vegetables are crisp-tender.

Serves 4 (1 1/3 cups each)

Pork Lo Mein
Nutrition Facts
Servings per meal (4)

Amount Per Serving	
Calories 240	
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	7%
Cholesterol 80mg	27%
Sodium 570mg	24%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	4%
Protein 26g	

Vitamin A 60% • **Vitamin C** 30%
Calcium 4% • **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

Shape Up Tip
To make this a complete meal, add:
- **Angel food cake with sliced strawberries & whipped topping**
- **Beverage**

Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.38 (entrée only)

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

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