Grab ‘n’ Go Dinner for Tonight

Rosemary Pork with Pears
Serves: 4

Ingredients:	Where to find it:
1 Tbsp light tub margarine	Butter and Cheese aisle
1 lb boneless pork sirloin, all visible fat removed, cut into 4 equal portions	Meat Dept
1/2 tsp dried rosemary, crushed	Aisle 5
1/4 tsp salt	Aisle 5
1/8 tsp garlic powder	Aisle 5
1/8 tsp freshly ground black pepper (optional)	Aisle 5
1/3 cup dried cranberries	Huckleberry’s
1/2 tsp grated orange zest	Produce
1/2 tsp ground cinnamon	Aisle 5
4 medium—size firm ripe pears	Produce
1 (14.5 ox) can fat free, reduced sodium chicken broth	Aisle 3
1 cup uncooked quick brown rice	Aisle 2
8 oz fresh sugar snap peas (or a small package of frozen snap peas, thawed)	Produce

1. Wash pears, then core, and cut into 1” chunks. In a medium bowl, stir together the pears, cranberries, orange zest, and cinnamon; set aside.
2. Heat a large nonstick skillet over medium heat; spray with cooking spray and melt margarine in the pan. Place the pork pieces in the skillet; sprinkle evenly with rosemary, salt, garlic powder, and pepper. Cook pork until lightly browned on one side, about 3 minutes, then turn over.
3. Pour pear mixture over pork in the skillet; cover the pan, reduce heat, and simmer for about 10 to 15 minutes, or until the port is no longer pink in the center and pears are tender.
4. Meanwhile, in a medium saucepan prepare the rice according to package directions, using chicken broth instead of water; omit salt and margarine. After 5 minutes, remove the cover and add sugar snap peas. Re-cover the pan, and continue cooking until rice is tender and peas are bright green and tender-crisp.
5. To serve, top each serving of pork with 1/2 cup of pear-cranberry mixture, and serve with the rice and peas.

Makes 4 servings (3 oz pork, 1 1/2 cups of rice & peas, 1/2 cup pear topping)

Rosemary Pork with Pears
Servings Per Meal (4)

Amount Per Serving	
Calories 430	**Calories from fat 90**
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Cholesterol 70mg	23%
Sodium 440mg	18%
Total Carbohydrate 55g	18%
Dietary Fiber 8g	32%
Sugars 27g	
Protein 29g	

Vitamin A 4% • **Vitamin C** 15%
Calcium 6% • **Iron** 10%

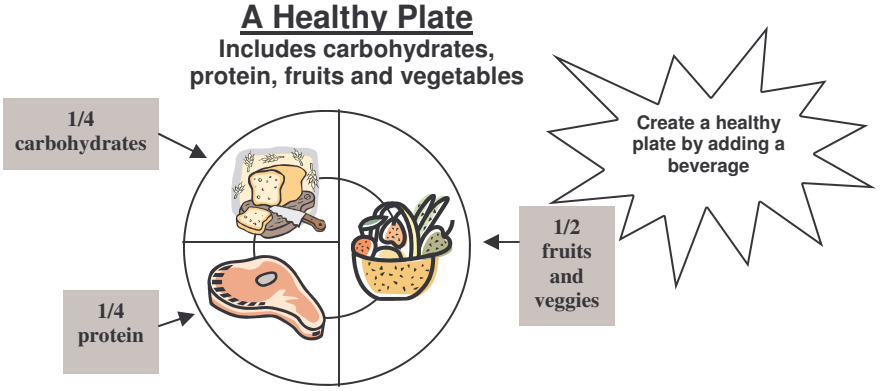
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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: $1.98

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.