

# Grab 'n' Go Dinner for Tonight

## Dijon Pork with Potatoes and Broccoli

Serves: 4

### Ingredients:

8 medium red potatoes, 2 oz each, cut into 1/2" wedges  
 1 broccoli crown, cut into florets, and the stalk cut into chunks  
 1 medium onion, cut into chunks  
 4 oz mushrooms, rinsed and dried, cut into quarters  
 1 zucchini, diagonally sliced  
 2 medium garlic cloves, minced (or 2 tsp bottled, minced garlic)  
 1 Tbsp + 2 tsp olive oil, divided  
 1 lb pork tenderloin, all visible fat removed  
 1 1/2 tsp Dijon mustard  
 1/2 tsp freshly ground black pepper  
 1/2 tsp salt

### Where to find it:

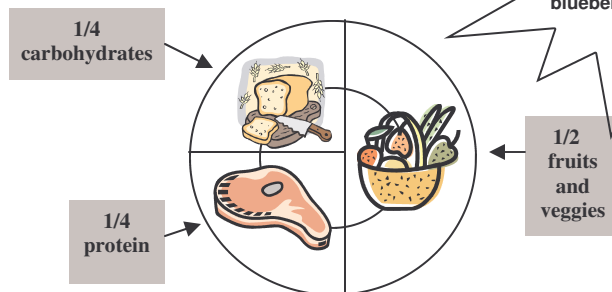
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1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil.
2. Put the potatoes, broccoli, onion, mushrooms, zucchini and garlic on baking sheet. Toss with 1 Tbsp oil. Arrange in a single layer, leaving enough room in the center for the pork.
3. Spoon mustard over the pork; spread evenly over the top and sides. Sprinkle with the pepper. Place the part on the baking sheet. Tuck the thin end of the pork under for even cooking.
4. Bake for 10 minutes; stir the vegetables. Bake for 25 minutes, or until pork is no longer pink in the center. Turn off oven; transfer pork to a cutting board and let stand for 3 minutes for easier slicing.
5. Meanwhile, drizzle remaining 2 tsp of olive oil over the vegetables. Stir gently to coat. Sprinkle with the salt; stir gently. Leave vegetables in oven to stay warm while you slice the pork.

Dijon Pork with Potatoes and Broccoli		
Servings Per Meal (4)		
Amount Per Serving		
<b>Calories</b>	<b>330</b>	<b>Calories from fat 80</b>
% Daily Value*		
<b>Total Fat</b>	9g	14%
	Saturated Fat 1.5g	8%
<b>Cholesterol</b>	75mg	25%
<b>Sodium</b>	520mg	22%
<b>Total Carbohydrate</b>	31g	10%
	Dietary Fiber 4g	16%
	Sugars 3g	
<b>Protein</b>	30g	
<b>Vitamin A</b> 10%	•	<b>Vitamin C</b> 170%
<b>Calcium</b> 6%	•	<b>Iron</b> 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: \$1.89**

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.