



Quick Heart-Friendly Dinners

recipes by
EatingWell



 **KANeka**
UBIQUINOL

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*A health-promoting diet focuses on a variety of nutrient-dense foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats from nuts and plant oils. Limit intake of both saturated fat and added sugars to less than 10% of your daily calories, and sodium to less than 2,300 mg per day. 2,000 calories a day is used for general nutrition advice, but your calorie and other nutrient needs may vary. For dietary guidance specific to you, consult a healthcare provider.



Lemon & Dill Chicken

ACTIVE: 30 minutes TOTAL: 30 minutes

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts. Make it a meal: Serve with asparagus and simple mashed potatoes.

- 4 boneless, skinless chicken breasts (1-1¼ pounds)**
 - Salt & freshly ground pepper to taste**
- 3 teaspoons extra-virgin olive oil or canola oil, divided**
- ¼ cup finely chopped onion**
- 3 cloves garlic, minced**
- 1 cup reduced-sodium chicken broth**
- 2 teaspoons flour**
- 2 tablespoons chopped fresh dill, divided**
- 1 tablespoon lemon juice**

- 1.** Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
- 2.** Reduce heat to medium. Add the remaining 1½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
- 3.** Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon dill.

SERVES 4

CAL 170 / FAT 6g (sat 1g, mono 4g) / CHOL 63mg / CARBS 3g / ADDED SUGARS 0g
TOTAL SUGARS 1g / PROTEIN 24g / FIBER 0g / SODIUM 339mg / POTASSIUM 272mg



Roasted Red Peppers Stuffed with Kale & Rice

ACTIVE: 40 minutes TOTAL: 1 hour

TO MAKE AHEAD: Prepare through step 3, cover and refrigerate for up to 2 days.

You can vary the filling by substituting robust mustard greens or collards, or milder greens, such as spinach, escarole or Swiss chard. (Cook the greens until just tender in step 2.)

Peppers

- 3 medium red bell peppers
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground pepper to taste

Filling

- 8 ounces kale (6 cups lightly packed), trimmed
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- ½ cup chopped red bell pepper
- 2 cloves garlic, minced
- ¾ cup cooked short-grain brown rice
- ½ cup freshly grated Parmesan cheese
- ¼ cup toasted pine nuts, divided
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- Freshly ground pepper to taste

1. To prepare peppers: Preheat oven to 400°F. Halve peppers lengthwise through the stems, leaving them attached. Remove the seeds. Lightly brush the peppers outside and inside with oil; sprinkle the insides with salt and pepper. Place, cut-side down, in a 9-by-13-inch baking dish. Bake until peppers are just tender, 10 to 15 minutes. Let cool slightly. Turn cut-side up.

2. To prepare filling: Bring 2 cups salted water to a boil in a large wide pan. Stir in kale, cover and cook until tender, 10 to 12 minutes. Drain, rinse under cold water; squeeze dry. Finely chop.

3. Heat oil in a large nonstick skillet over medium heat. Add onion and chopped bell pepper; cook, stirring often, until onion is golden, 6 to 8 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in the kale. Remove from the heat and let cool slightly. Stir in rice, Parmesan, 2 tablespoons pine nuts and lemon juice. Season with salt and pepper. Divide the filling among the pepper halves. Sprinkle with the remaining 2 tablespoons pine nuts.

4. Add 2 tablespoons water to the baking dish. Cover the peppers with foil and bake until heated through, 15 to 20 minutes. Uncover and bake for 5 minutes more. Serve hot.

SERVES 6

CAL 176 / FAT 11g (sat 2g, mono 5g) / CHOL 6mg / CARBS 16g / ADDED SUGARS 0g

TOTAL SUGARS 4g / PROTEIN 5g / FIBER 3g / SODIUM 327mg / POTASSIUM 341mg



Blue Ribbon Meatloaf

ACTIVE: 10 minutes TOTAL: 2 hours

In revisiting this classic, we put the meat back in the “loaf” by using ultra-lean ground beef and turkey. With fresh whole-wheat breadcrumbs and beer-simmered sweet onions, you’ll never notice the missing fat.

2 teaspoons canola oil	1/8 teaspoon freshly ground pepper
1 medium sweet onion, chopped (2 cups)	1 1/4 pounds 95%-lean ground beef
1 12-ounce bottle dark or amber beer	1 1/4 pounds 93%-lean ground turkey
1 teaspoon dried thyme	1 cup fresh whole-wheat breadcrumbs
1 teaspoon dry mustard	1/4 cup chopped fresh parsley
3/4 teaspoon salt	1 large egg, lightly beaten
	1 egg white, lightly beaten

1. Preheat oven to 375°F. Coat an 8½-by-4½-inch loaf pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until translucent and starting to brown, about 5 minutes. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy and the mixture reduces to about 3/4 cup, 8 to 10 minutes. Transfer to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 10 minutes.
3. Add beef, turkey, breadcrumbs, parsley, egg and egg white to the onion mixture. With clean hands, mix thoroughly and transfer to the prepared pan.
4. Bake the meatloaf until an instant-read thermometer registers 160°F when inserted into the center, about 1 hour 20 minutes. Let rest for 5 minutes; drain accumulated liquid from the pan and slice.

SERVES 8 (one 1-inch slice each)

CAL 259 / FAT 9g (sat 2g, mono 2g) / CHOL 101mg / CARBS 10g / ADDED SUGARS 0g

TOTAL SUGARS 1g / PROTEIN 31g / FIBER 1g / SODIUM 339mg / POTASSIUM 46mg

TIP To make fresh breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/3 cup crumbs.



Five-Spice Turkey & Lettuce Wraps

ACTIVE: 30 minutes TOTAL: 30 minutes

TO MAKE AHEAD: Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.

Based on a popular Chinese dish, these fun wraps also make appealing appetizers for entertaining. Make it a meal: Serve with chile-garlic sauce and rice vinegar for extra zip; toss diced mango and strawberries with lime juice for a quick dessert.

½ cup water	2 tablespoons hoisin sauce
½ cup instant brown rice	1 teaspoon five-spice powder
2 teaspoons sesame oil	½ teaspoon salt
1 pound 93%-lean ground turkey	2 heads Boston lettuce, leaves separated
1 tablespoon minced fresh ginger	½ cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
1 large red bell pepper, finely diced	1 large carrot, shredded
1 8-ounce can water chestnuts, rinsed and chopped	
½ cup reduced-sodium chicken broth	

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
3. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

SERVES 4 (1¼ cups filling & about 6 lettuce wraps each)

CAL 276 / FAT 11g (sat 2g, mono 1g) / CHOL 65mg / CARBS 24g / ADDED SUGARS 0g

TOTAL SUGARS 6g / PROTEIN 26g / FIBER 5g / SODIUM 596mg / POTASSIUM 414mg



Hoisin sauce is a spicy, sweet sauce made from soybeans, chiles, garlic and spices. It will keep in the refrigerator for at least a year.

Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.



Honey-Soy Broiled Salmon

ACTIVE: 20 minutes TOTAL: 40 minutes

A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does double-duty as marinade and sauce. Toasted sesame seeds provide a nutty and attractive accent. Make it a meal: Serve with brown rice and sautéed red peppers and zucchini slices.

- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut salmon fillet, skinned and cut into 4 portions
- 1 teaspoon toasted sesame seeds

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
3. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

SERVES 4 (3 oz. portion salmon, $\frac{3}{4}$ tsp. sauce & $\frac{1}{4}$ tsp. sesame seeds each)
CAL 161 / FAT 5g (1g sat, 2g mono) / CHOL 53mg / CARBS 5g / ADDED SUGARS 4g
TOTAL SUGARS 4g / PROTEIN 23g / FIBER 0g / SODIUM 252mg / POTASSIUM 457mg

TIPS How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.



Maple-Mustard Baked Chicken

ACTIVE: 30 minutes **TOTAL:** 1¼ hours (including 30 minutes marinating time)

TO MAKE AHEAD: Marinate the chicken for up to 6 hours. Refrigerate the baked chicken for up to 1 day.

Enjoy this crunchy chicken at home for a family supper or take it along on a picnic to eat cold—no forks and knives required! For best flavor, shop for locally raised natural chicken and real maple syrup.

3 tablespoons Dijon mustard	¾ teaspoon freshly ground pepper
2 tablespoons pure maple syrup, preferably amber	½ teaspoon salt
2 tablespoons peanut or canola oil, divided	4-4½ pounds bone-in chicken pieces (thighs, drumsticks and/or breasts), skin removed, trimmed
1 tablespoon finely chopped fresh thyme or 1 teaspoon dried	1½ cups fresh breadcrumbs, preferably whole-wheat

1. Whisk mustard, maple syrup, 1 tablespoon oil, thyme, pepper and salt in a large bowl. Add chicken and turn to coat evenly. Cover and marinate in the refrigerator for at least 30 minutes and up to 6 hours.
2. Preheat oven to 400°F. Set a wire rack on a large baking sheet.
3. Combine breadcrumbs and the remaining 1 tablespoon oil on a plate. Dredge the skinned side of each chicken piece in the breadcrumbs (with drumsticks, dredge the meatier side) and arrange breaded-side up on the wire rack. Leave at least 1 inch between pieces.
4. Bake until golden brown and an instant-read thermometer inserted into the thickest part of the meat registers 165°F, 35 to 40 minutes. Serve hot or let cool, refrigerate and serve chilled.

SERVES 8

CAL 248 / FAT 9g (sat 2g, mono 4g) / CHOL 76mg / CARBS 14g / ADDED SUGARS 3g
TOTAL SUGARS 3g / PROTEIN 26g / FIBER 2g / SODIUM 306mg / POTASSIUM 210mg

TIPS When using a combination of thighs, drumsticks and breasts, we recommend cutting each breast in half crosswise (before marinating) to make smaller pieces about the size of an average chicken thigh. And if you buy whole legs, be sure to separate the drumsticks and thighs. When all the pieces are about the same size, they'll all cook at the same rate.

To make 1½ cups fresh breadcrumbs, trim the crusts from about 3 slices of whole-wheat bread. Tear the bread into pieces and process in a food processor until coarse crumbs form.





Mediterranean Tuna Antipasto Salad

ACTIVE: 25 minutes TOTAL: 25 minutes

Packed with protein and fiber, this tuna and bean salad is ready in a flash. For an extra kick, add a pinch of crushed red pepper or cayenne.

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| 1 15-ounce can low-sodium chickpeas, black-eyed peas or kidney beans, rinsed | 1½ teaspoons finely chopped fresh rosemary |
| 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked | ½ cup lemon juice, divided |
| 1 large red bell pepper, finely diced | 4 tablespoons extra-virgin olive oil, divided |
| ½ cup finely chopped red onion | Freshly ground pepper to taste |
| ½ cup chopped fresh parsley, divided | ¼ teaspoon salt |
| 4 teaspoons capers, rinsed | 8 cups mixed salad greens |

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

SERVES 4

CAL 281 / FAT 16g (sat 2g, mono 11g) / CHOL 15mg / CARBS 22g / ADDED SUGARS 0g
TOTAL SUGARS 6g / PROTEIN 15g / FIBER 8g / SODIUM 417mg / POTASSIUM 730mg



Chicken & Spinach Soup with Fresh Pesto

ACTIVE: 30 minutes TOTAL: 30 minutes

This fragrant, Italian-flavored soup takes advantage of quick-cooking ingredients—boneless, skinless chicken breast, bagged baby spinach and canned beans. It features a simple homemade basil pesto swirled in at the end to add a fresh herb flavor. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought basil pesto. Recipe by Nancy Baggett for EatingWell.

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| 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided | 6 ounces baby spinach, coarsely chopped |
| ½ cup carrot or diced red bell pepper | 1 15-ounce can low-sodium cannellini beans or great northern beans, rinsed |
| 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters | ¼ cup grated Parmesan cheese |
| 1 large clove garlic, minced | ⅓ cup lightly packed fresh basil leaves |
| 5 cups low-sodium chicken broth | Freshly ground pepper to taste |
| 1½ teaspoons dried marjoram | ¾ cup plain or herbed multigrain croutons for garnish (optional) |

1. Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.
3. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.
4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

SERVES 5 (about 1½ cups each)

CAL 220 / FAT 9g (sat 2g, mono 5g) / CHOL 29mg / CARBS 17g / ADDED SUGARS 0g
TOTAL SUGARS 2g / PROTEIN 20g / FIBER 4g / SODIUM 290mg / POTASSIUM 790mg



Skillet Gnocchi with Shrimp & Asparagus

ACTIVE: 30 minutes TOTAL: 30 minutes

The gnocchi cooks right in the skillet, along with shrimp, shallots, asparagus and Parmesan cheese, in this easy recipe. Look for shelf-stable gnocchi near other pasta. Serve with a baby arugula salad with vinaigrette and a glass of pinot grigio.

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi
- ½ cup sliced shallots
- 1 bunch asparagus (about 1 pound), trimmed and cut into thirds
- ¾ cup reduced-sodium chicken broth
- 1 pound raw shrimp (26-30 per pound), peeled and deveined, tails left on if desired
- ¼ teaspoon freshly ground pepper
- Pinch of salt
- 2 tablespoons lemon juice
- ⅓ cup grated Parmesan cheese

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and golden in spots, 6 to 10 minutes. Transfer to a bowl.
2. Add the remaining 2 teaspoons oil and shallots to the pan; cook over medium heat, stirring, until beginning to brown, 1 to 2 minutes. Stir in asparagus and broth. Cover and cook until the asparagus is barely tender, 3 to 4 minutes. Add shrimp, pepper and salt; cover and simmer until the shrimp is pink and just cooked through, 3 to 4 minutes more.
3. Return the gnocchi to the skillet along with lemon juice and cook, stirring, until heated through, about 2 minutes. Remove from the heat, sprinkle with cheese, cover and let stand until the cheese is melted, about 2 minutes.

SERVES 4 (about 1½ cups each)

CAL 473 / FAT 9g (sat 2g, mono 5g) / CHOL 165mg / CARBS 65g / ADDED SUGARS 0g
TOTAL SUGARS 4g / PROTEIN 33g / FIBER 1g / SODIUM 490mg / POTASSIUM 513mg





Spaghetti Genovese

ACTIVE: 30 minutes TOTAL: 30 minutes

Traditionally, this Italian pasta recipe combines pasta and pesto with potatoes and green beans. Here, we give the pesto a nutritional boost by adding spinach and toss it all together with fiber-rich whole-wheat pasta for a warm, comforting weeknight meal. Serve with an escarole and radicchio salad.

- 2 cups packed baby spinach**
- 8 ounces whole-wheat spaghetti**
- 1 cup thinly sliced new or baby potatoes (about 4 ounces)**
- 1 pound green beans, trimmed and cut into 1-inch pieces**
- ½ cup prepared pesto**
- 1 teaspoon freshly ground pepper**
- ½ teaspoon salt**

- 1.** Bring a large pot of water to a boil over medium-high heat. Add spinach and cook just until wilted, about 45 seconds. Use a slotted spoon or fine sieve to transfer the spinach to a blender. Return the water to a boil and add spaghetti and potatoes. Cook, stirring once or twice, until almost tender, 6 to 7 minutes. Add green beans and cook until tender, 3 to 4 minutes more.
- 2.** When the spaghetti and vegetables are almost done, carefully scoop out 1 cup of the cooking liquid from the pot. Pour ½ cup of the liquid into the blender and add pesto, pepper and salt. Blend until smooth, stopping to scrape down the sides as necessary.
- 3.** Drain the spaghetti and vegetables and return to the pot; stir in the pesto mixture. Cook over medium heat, stirring gently, until the sauce is thickened and the pasta is hot, 1 to 2 minutes. Add more of the cooking liquid, as desired, for a thinner sauce.

SERVES 5 (about 1⅓ cups each)

CAL 333 / FAT 12g (sat 3g, mono 7g) / CHOL 8mg / CARBS 47g / ADDED SUGARS 0g
TOTAL SUGARS 3g / PROTEIN 14g / FIBER 10g / SODIUM 438mg / POTASSIUM 455mg



Shrimp Piccata with Zucchini Noodles

ACTIVE: 35 minutes TOTAL: 35 minutes

The tangy lemon-caper sauce in this healthy Italian makeover recipe is a natural with shrimp. Serving it over zucchini noodles (aka zoodles) keeps the dish summery and low-cal, but it's also delicious with whole-wheat spaghetti.

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| 5-6 medium zucchini (2¼-2½ pounds), trimmed | 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired |
| ½ teaspoon salt | 1 cup low-sodium chicken broth |
| 2 tablespoons butter | 1 tablespoon cornstarch |
| 2 tablespoons extra-virgin olive oil, divided | ⅓ cup white wine |
| 2 cloves garlic, minced | ¼ cup lemon juice |
| | 3 tablespoons capers, rinsed |
| | 2 tablespoons chopped fresh parsley |

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, heat butter and 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and cook, stirring, for 1 minute.
3. Whisk broth and cornstarch in a small bowl. Add to the shrimp along with wine, lemon juice and capers. Simmer, stirring occasionally, until the shrimp is just cooked through, 4 to 5 minutes. Remove from heat.
4. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the zucchini noodles and gently toss until hot, about 3 minutes. Serve the shrimp and sauce over the zucchini noodles, sprinkled with parsley.

SERVES 4 (1 cup zucchini & about ¾ cup sauce each)

CAL 280 / FAT 15g (sat 5g, mono 7g) / CHOL 174mg / CARBS 13g / ADDED SUGARS 0g

TOTAL SUGARS 6g / PROTEIN 24g / FIBER 3g / SODIUM 516mg / POTASSIUM 1,002mg

TIP Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Size names, such as "large" or "extra large," are not standardized, so to get the size you want, order by the count per pound.



Bell Pepper, Bok Choy & Pork Stir-Fry

ACTIVE: 30 minutes TOTAL: 30 minutes

TO MAKE AHEAD: Refrigerate the sauce (Step 1) for up to 3 days.

This healthy pepper and pork stir-fry recipe has a citrusy mojo sauce. Because stir-fries cook up quickly, have all the ingredients prepped and next to the stove before you turn on the heat. Serve over brown rice or rice noodles.

Sauce

- ¼ cup lime juice
- ¼ cup orange juice
- ¼ cup finely chopped cilantro
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons cornstarch
- ¾ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon ground pepper

Stir-Fry

- 3 tablespoons peanut oil or canola oil, divided
- 1 pound pork tenderloin, trimmed and cut into 1- to 2-inch strips
- 3 cups 1- to 2-inch strips red bell pepper
- 1 bunch scallions, trimmed and cut into 1-inch pieces
- 3 cloves garlic, minced
- 4 cups coarsely chopped bok choy

- 1. To prepare sauce:** Combine lime juice, orange juice, cilantro, olive oil, cornstarch, salt, cumin, oregano and pepper in a small bowl. Place near the stove.
- 2. To prepare stir-fry:** Heat a 14-inch flat-bottom carbon-steel wok over high heat. (You'll know it's hot enough when a bead of water vaporizes within 1 to 2 seconds of contact.) Add 1 tablespoon oil and swirl to coat. Add pork and stir-fry until just cooked, 2 to 4 minutes. Transfer to a large plate.
- 3.** Swirl in another 1 tablespoon oil; add bell pepper and scallions. Stir-fry for 2 minutes.
- 4.** Swirl in the remaining 1 tablespoon oil; add garlic and bok choy. Stir-fry until the vegetables are tender, 2 to 4 minutes more.
- 5.** Return the pork to the wok. Add the reserved sauce and cook, gently stirring, until well coated and hot, 1 to 2 minutes.

SERVES 4 (1½ cups each)

CAL 300 / FAT 17g (sat 3g, mono 8g) / CHOL 61mg / CARBS 13g / ADDED SUGARS 0g
TOTAL SUGARS 6g / PROTEIN 24g / FIBER 3g / SODIUM 536mg / POTASSIUM 805mg





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