

Two Fast, Flavorful Entrées

New Take on Pesto & Colorful Stir-Fry

BROCCOLI AND PECORINO PESTO PASTA

This nut-free pesto trades traditional pine nuts and Parmesan for broccoli and nutty-tasting pecorino Romano. Anchovy fillets add meatiness, but you can skip them if you like.

- 8 ounces uncooked whole-wheat angel hair pasta
- 1 (12-ounce) package microwave-in-bag fresh broccoli florets
- ¼ cup fresh basil leaves
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon grated fresh lemon rind
- 3 tablespoons fresh lemon juice
- ¼ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 2 garlic cloves
- 2 anchovy fillets, drained
- 1 ounce pecorino Romano cheese, grated (about ¼ cup)

1. Cook pasta according to package directions, omitting salt and fat. Drain pasta in a colander over a bowl, reserving 1 cup cooking liquid.
2. Cook broccoli according to package directions; cool 5 minutes. Combine broccoli and remaining ingredients in the bowl of a food processor; pulse until finely chopped. With processor on, slowly add reserved 1 cup cooking liquid through food chute until sauce reaches desired consistency. Place broccoli mixture in a large bowl; add pasta, and toss to combine. Serve immediately.

SERVES 4 (serving size: about 1½ cups)
CALORIES 364; **FAT** 14.5g (sat 3.3g, mono 7.7g, poly 1.9g); **PROTEIN** 12g; **CARB** 49g; **FIBER** 8g; **CHOL** 9mg; **IRON** 3mg; **SODIUM** 366mg; **CALC** 139mg



smoky pork stir-fry

Smoked paprika and dark sesame oil add depth to this stir-fry. Serve over precooked brown rice or soba noodles.

- 2 teaspoons canola oil
- 10 ounces pork tenderloin, trimmed and cut into bite-sized pieces
- ½ teaspoon smoked paprika
- ¼ teaspoon kosher salt
- 2 teaspoons dark sesame oil
- 1½ cups thinly sliced orange bell pepper (1 medium)
- 1 cup snow peas

- 1 tablespoon minced peeled fresh ginger
 - 1 garlic clove, minced
 - 3 tablespoons rice vinegar
 - 1 tablespoon lower-sodium soy sauce
 - 2 teaspoons sugar
 - 1 teaspoon chili garlic sauce
 - 3 cups tricolor coleslaw
 - 3 green onions, thinly sliced
1. Heat a large skillet over high heat. Add canola oil; swirl to coat. Sprinkle pork with paprika and salt. Add pork to pan; sauté 3 minutes or until browned. Remove pork from pan.
 2. Return pan to medium-high heat. Add sesame oil; swirl to coat. Add bell pepper, peas, ginger, and garlic; stir-fry 3 minutes or until vegetables are crisp-tender, stirring frequently. Combine vinegar, soy sauce, sugar, and chili garlic sauce in a bowl, stirring with a whisk. Add pork and soy sauce mixture to pan; cook 1 minute. Stir in coleslaw; cook 1 minute or until slightly wilted. Remove pan from heat; sprinkle with green onions.

SERVES 4 (serving size: about 1 cup)
CALORIES 165; **FAT** 6.4g (sat 1g, mono 3g, poly 1.9g); **PROTEIN** 17g; **CARB** 10g; **FIBER** 3g; **CHOL** 46mg; **IRON** 2mg; **SODIUM** 323mg; **CALC** 44mg