



Breaded Pork with Cabbage and Kale

START TO FINISH 20 minutes

- 1¼ lb. boneless center-cut pork loin roast
- 2 cups corn bread stuffing mix, crushed
- 2 Tbsp. olive oil
- 2 cups sliced red cabbage
- 6 cups coarsely chopped fresh kale
- ⅓ cup balsamic vinegar
- Salt
- Ground black pepper

1. Trim fat from meat. Cut meat into four slices. Place each meat slice between two pieces of plastic wrap. Using the flat side of a meat mallet, pound meat lightly until about ¼ inch thick. Remove plastic wrap. Place

stuffing mix in a shallow dish. Dip meat into stuffing mix, turning to coat.

2. In a 12-inch skillet heat 1 tablespoon of the oil over medium-high heat. Add two of the meat slices; cook for 4 to 6 minutes or until coating is golden brown and meat is slightly pink in the center, turning once. Remove from skillet; keep warm. Repeat with the remaining oil and meat slices.

3. Wipe skillet with a paper towel. Add cabbage to skillet; cook and stir until cabbage is crisp-tender. Add kale and vinegar; cook and stir just until wilted. Sprinkle lightly with salt and pepper. Serve meat with cabbage-kale mixture. **Makes 4 servings.**

PER SERVING 394 cal., 14 g fat (2 g sat. fat), 78 mg chol., 769 mg sodium, 35 g carb., 4 g fiber, 32 g pro.

Mediterranean Pizza Skillet



START TO FINISH 30 minutes

- 2 Tbsp. olive oil
- 1 lb. skinless, boneless chicken breast halves, cut into ¾-inch pieces
- 2 cloves garlic, minced
- 1 14-oz. can quartered artichoke hearts, drained
- 1½ cups chopped roma tomatoes (4 medium)
- 1 2.25-oz. can sliced pitted ripe olives, drained
- ½ tsp. dried Italian seasoning, crushed
- ¼ tsp. ground black pepper
- 2 cups romaine lettuce or mesclun mix, chopped
- 1 cup crumbled feta cheese (4 oz.)
- ⅓ cup fresh basil leaves, shredded or torn
- Crusty Italian or French bread slices, toasted

1. In a large skillet heat oil over medium-high heat. Add chicken and garlic; cook and stir for 2 to 4 minutes or until chicken is browned. Stir in artichoke hearts, tomatoes, olives, Italian seasoning, and black pepper.

2. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until chicken is no longer pink. Top with lettuce and cheese. Cook, covered, for 1 to 2 minutes more or just until lettuce begins to wilt. Sprinkle with basil. Serve chicken mixture on or with toasted bread slices. **Makes 4 servings.**

PER SERVING 395 cal., 17 g fat (6 g sat. fat), 82 mg chol., 1,003 mg sodium, 27 g carb., 6 g fiber, 33 g pro.