



Greek Leeks and Shrimp Stir-Fry

START TO FINISH 30 minutes

- 1¼ lb. fresh or frozen, peeled and deveined medium shrimp
- ⅔ cup water
- ⅓ cup lemon juice
- 1 Tbsp. cornstarch
- ¾ tsp. bouquet garni seasoning or dried oregano, crushed
- 1 cup couscous
- ¼ tsp. salt
- 1½ cups boiling water
- 1 Tbsp. olive oil
- 1⅓ cups thinly sliced leeks (4 medium)
- ½ cup crumbled feta cheese (2 oz.)

1. Thaw shrimp, if frozen. Rinse shrimp; pat dry with paper towels. Set aside.
2. For sauce, in a small bowl combine the ⅔ cup water, the lemon juice, cornstarch, and ¼ teaspoon of the bouquet garni seasoning.
3. In another small bowl combine couscous, salt, and the remaining ½ teaspoon bouquet garni seasoning. Stir in the boiling water. Cover and let stand for 5 minutes.
4. Meanwhile, in a 12-inch skillet or a wok heat oil over medium-high heat. Add leeks; cook and stir for 2 to 3 minutes or until tender. Remove from skillet. Stir sauce; add to hot skillet. Bring to boiling. Add shrimp; cook for 2 to 3 minutes or until shrimp are opaque. Return leeks to skillet; stir in ¼ cup of the cheese.
5. To serve, fluff couscous with a fork. Serve shrimp mixture over couscous. Sprinkle with the remaining ¼ cup cheese. **Makes 4 servings.**

PER SERVING 433 cal., 10 g fat (4 g sat. fat), 232 mg chol., 548 mg sodium, 45 g carb., 3 g fiber, 38 g pro.

Garlic, Pork, and Sweet Potato Hash

START TO FINISH 30 minutes

- 3 small sweet potatoes, scrubbed and chopped (4 cups)
- 1½ lb. pork tenderloin
- 2 Tbsp. reduced-sodium soy sauce
- Ground black pepper
- 3 Tbsp. vegetable oil
- 8 cloves garlic, thinly sliced
- ¼ cup sliced green onions (2)
- 2 Tbsp. honey
- 2 Tbsp. water

1. Place sweet potatoes in a microwave-safe bowl; cover with vented plastic wrap. Microwave on 100% power (high) for 8 minutes, stirring once. Carefully remove plastic wrap; set potatoes aside. Meanwhile, trim fat from meat. Cut meat into 1-inch slices. To butterfly meat slices, make a horizontal cut three-fourths of the way through each slice; open and flatten slightly. Brush slices with 1 tablespoon of the soy sauce and sprinkle lightly with pepper.
2. In a 12-inch skillet heat oil over medium-high heat. Add garlic; cook and stir until it begins to turn golden.* Remove from skillet. Add meat to hot skillet. Cook for 4 to 6 minutes or until an instant-read thermometer inserted in the centers registers 145°F, turning once. Remove from skillet; keep warm.
3. For hash, transfer sweet potatoes to hot skillet. Cook until potatoes begin to crisp, stirring occasionally. Add green onions; cook and stir for 1 minute. Spoon hash onto individual plates; top with meat and garlic.
4. For sauce, in the hot skillet whisk together honey, the water, and the remaining 1 tablespoon soy sauce. Cook and stir until bubbly. Drizzle sauce over meat. **Makes 4 servings.**

***TIP** Cook the garlic just until golden but not too brown. If it burns, it will taste bitter.

PER SERVING 451 cal., 16 g fat (3 g sat. fat), 107 mg chol., 449 mg sodium, 39 g carb., 4 g fiber, 37 g pro.

