



Dinner Tonight?

Spicy Orange and Pork Salad

- 1 pound pork tenderloin, cut into bite size pieces
- 1 Tablespoon olive oil
- 1 head of romaine lettuce or other deep green leafy lettuce
- 2 oranges, sliced and cut into bite sized pieces
- 1 cup chopped cucumber
- 1/2 cup chopped fresh cilantro
- 3 cups shredded coleslaw mix
- 1/2 cup wasabi and soy sauce flavored almonds
- 1 can black beans, drained and rinsed
- 1/2 cup dried cranberries

Cook tenderloin in skillet coated with olive oil until tender (10-12 minutes or until food thermometer registers 160 degrees). You may season with spices of your choice. Cool and cut into bite sized pieces.

In a large bowl, tear lettuce into small pieces and add two fresh oranges. Then, add the cut up cucumber and cilantro. Next, add coleslaw mix, almonds, black beans, and cranberries. Toss well. Refrigerate any leftovers. Add salad dressing of your choice when serving.

Serves: 6

Cost per serving: \$2.00

Nutrition facts per serving: (does not include salad dressing)

Calories: 233

Total fat: 4 g

Saturated fat: 1 g

Trans fat: 0 g

Cholesterol: 24 mg

Sodium: 167 mg

Total Carbohydrate: 38 g

Dietary fiber: 9 g

Protein: 14 g

*This recipe is adapted from Southern Living, March 2010.