

Pork Primavera - recipe from TheOtherWhiteMeat.com

Times: 15 minutes prep, 15 minutes cook

Ingredients:

- 1 pound pork tenderloin, cut into 2 x 1/2 x 8-inch strips
- 2 cloves garlic, minced
- 1 tablespoons olive oil
- 4 green onions, sliced
- 1 zucchini, grated into coarse pieces
- 1/2 pound fresh peapods
- 8-10 cherry tomatoes, halved and drained
- 1/2 teaspoon oregano
- 1/2 cup dry white wine
- 1/4 cup Romano cheese, OR Parmesan cheese, grated
- 2 cups fettucine, hot cooked

Cooking Directions:

In a large frypan, saute garlic and pork strips in oil until lightly browned. Add vegetables and seasonings. Simmer for 4-5 minutes, stirring, until moisture is almost gone. Add wine and simmer to reduce liquid. Pour over pasta. Toss all together with cheese. Serve immediately.



Serves 4

Nutrition:

Calories: 350 calories

Protein: 32 grams

Fat: 10 grams

Sodium: 140 milligrams

Cholesterol: 80 milligrams

Saturated Fat: 3 grams

Carbohydrates: 80 grams

Fiber: 4 grams

