

Mediterranean Pork Penne*

***Or - remove the pork for a vegetarian option**

(Makes four, 2 cup servings)

Ingredients:

- 2 cups dry whole-wheat penne pasta (8 oz.)
- 1 tablespoon olive oil
- 1 teaspoon garlic, minced (1/2 clove)
- 8 ounces white button mushrooms, rinsed and cut into quarters
- ½ bag (8 oz. bag) sun dried tomato halves, cut into thin strips
- ½ jar (8 oz. jar) artichoke hearts in water, drained, cut into quarters
- 2 cups low-sodium beef broth
- 2 tablespoons cornstarch
- 12 ounces stir-fry pork strips, sliced into 12 strips
- ½ cup fat-free evaporated milk
- 2 tablespoons fresh parsley, rinsed, dried, and chopped (or 2 teaspoons dried)



Directions:

- 1) In a 4-quart sauce pan, bring 3 quarts of water to a boil over high heat.
- 2) Add pasta, and cook according to package directions. Drain.
- 3) Meanwhile, heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but browned (about 30 seconds).
- 4) Add mushrooms, and cook over medium heat until the mushrooms are soft and lightly browned.
- 5) Add sun dried tomatoes and artichoke hearts. Toss gently to heat.
- 6) In a separate bowl, combine beef broth and cornstarch. Mix well.
- 7) Add broth mixture to the pan, and bring to a boil.
- 8) Add pork strips, evaporated milk, and parsley, and bring to a boil. Simmer gently for 3-5 minutes (to internal temperature of 160 degrees).
- 9) Add pasta, and toss well to mix.

Nutritional Analysis: (per serving)

- Calories: 486
- Total Fat: 11 g
- Saturated Fat: 3 g
- Cholesterol: 50 mg
- Sodium: 250 mg
- Total Fiber: 8 g
- Protein: 33 g
- Carbohydrates: 56 g

Source:



Keep the Beat, Delicious Healthy Recipes
from the National Heart, Lung and Blood Institute
www.nhlbi.nih.gov/

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.