



## Warm Italian Pork Salad



Skillet-cooked pork tenderloin tops a delicious dinner salad of greens, broccoli, zucchini and tomatoes.

**¼ lb pork tenderloin, cut into thin bite-size strips**

**¼ cup Italian dressing**

**5 teaspoons (half of 1-oz envelope) ranch dressing mix (not buttermilk recipe)**

**¼ cup mayonnaise or salad dressing**

**¼ cup milk**

**1 tablespoon olive or vegetable oil**

**5 to 6 cups bite-size pieces mixed Boston and red leaf lettuces**

**1 cup small broccoli florets**

**2 medium zucchini, cut into 1/2-inch cubes (1 1/2 cups)**

**2 plum (Roma) tomatoes, each cut into 6 wedges**

1. In small bowl, toss pork and Italian dressing. Let stand at room temperature 10 minutes to marinate.
2. Meanwhile, in another small bowl, mix ranch dressing mix (dry), mayonnaise and milk; set aside.
3. In 10-inch nonstick skillet, heat oil over medium-high heat. Cook pork in oil, stirring frequently, until pork is no longer pink.
4. Among 4 plates, divide lettuce. Top each with broccoli, zucchini, tomato wedges and pork. Drizzle dressing over salads.

Makes 4 servings

### Nutrition Information:

**1 Serving (1 Serving)** Calories 360 (Calories from Fat 220), Total Fat 24g (Saturated Fat 4g, Trans Fat 0g), Cholesterol 65mg, Sodium 730mg, Total Carbohydrate 12g (Dietary Fiber 2g, Sugars 7g), Protein 23g; **Percent Daily Value\***: Calcium **Exchanges**: 0 Starch; 0 Fruit; 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 0 Very Lean Meat; 3 Lean Meat; 0 High-Fat Meat; 3 Fat; **Carbohydrate Choices**: 1; \*Percent Daily Values are based on a 2,000 calorie diet.