



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	486
PROTEIN	33 G
CARBOHYDRATE	56 G
TOTAL FAT	11 G

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: 4 SERVINGS

SERVING SIZE: 2 C PASTA AND VEGETABLES

2 C DRY WHOLE-WHEAT PENNE PASTA (8 OZ)

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT ½ CLOVE)

8 OZ WHITE BUTTON MUSHROOMS, RINSED AND CUT INTO QUARTERS

½ BAG (8 OZ BAG) SUNDRIED TOMATO HALVES, CUT INTO THIN STRIPS

½ JAR (8 OZ JAR) ARTICHOKE HEARTS IN WATER, DRAINED, CUT INTO QUARTERS

2 C LOW-SODIUM BEEF BROTH

2 TBSP CORNSTARCH

12 OZ STIR-FRY PORK STRIPS, SLICED INTO 12 STRIPS (OR, SLICE 3 4-OZ BONE LESS PORK CHOPS INTO THIN STRIPS)

¼ C FAT-FREE EVAPORATED MILK

2 TBSP FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 2 TSP DRIED)



MEDITERRANEAN PORK PENNE

IF THIS DISH ISN'T SIMPLE ENOUGH FOR YOUR CHILDREN, SEE THE TIP BELOW FOR SERVING "TWO WAYS"

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain. (Set plain pasta aside for picky eaters—see Healthy Eating Two Ways suggestion below.)
- 03 Meanwhile, heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- 04 Add mushrooms, and cook over medium heat until the mushrooms are soft and lightly browned.
- 05 Add sundried tomatoes and artichoke hearts. Toss gently to heat.
- 06 In a separate bowl, combine beef broth and cornstarch. Mix well.
- 07 Add broth mixture to the pan, and bring to a boil.
- 08 Add pork strips, evaporated milk, and parsley, and bring to a boil. Simmer gently for 3–5 minutes (to a minimum internal temperature of 160 °F).
- 09 Add pasta, and toss well to mix.
- 10 Serve 2 cups of pasta and sauce per portion.



For picky eaters, remove 3 ounces of pork from the pan and serve with ½ cup plain pasta and ½ cup steamed broccoli.