Michele Sodon

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)

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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.