



PREP/TOTAL TIME
30 min.
YIELD 6 servings

NUTRITION FACTS

One serving (2/3 cup
pork mixture with
2/3 cup orzo) equals:

372 calories
11 g fat
4 g saturated fat
71 mg cholesterol
306 mg sodium
34 g carbohydrate
3 g fiber
31 g protein

**DIABETIC
EXCHANGES**

3 lean meat
2 starch
1 fat

Mediterranean Pork And Orzo

Is there a food group NOT represented in this flavorful and fabulous meal-in-a-bowl? It's one of my family's wholesome favorites.

Mary Relyea, Canastota, New York



- 2 pork tenderloins (3/4 pound each)
- 1 teaspoon coarsely ground pepper
- 2 tablespoons olive oil
- 3 quarts water
- 1-1/4 cups uncooked orzo pasta
- 1/4 teaspoon salt
- 1 package (6 ounces) fresh baby spinach
- 1 cup grape tomatoes, halved
- 3/4 cup crumbled feta cheese

1. Rub pork with pepper; cut into 1-in. cubes. In a large nonstick skillet, cook pork in oil over medium heat for 8-10 minutes or until no longer pink.
2. Meanwhile, in a large saucepan, bring water to a boil. Stir in orzo and salt; cook, uncovered, for 8 minutes. Stir in spinach; cook 45-60 seconds longer or until orzo is tender and spinach is wilted.
3. Add tomatoes to the pork; cook and stir for 1 minute or until heated through. Drain orzo mixture; toss with pork mixture and feta cheese.