



# 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

## 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

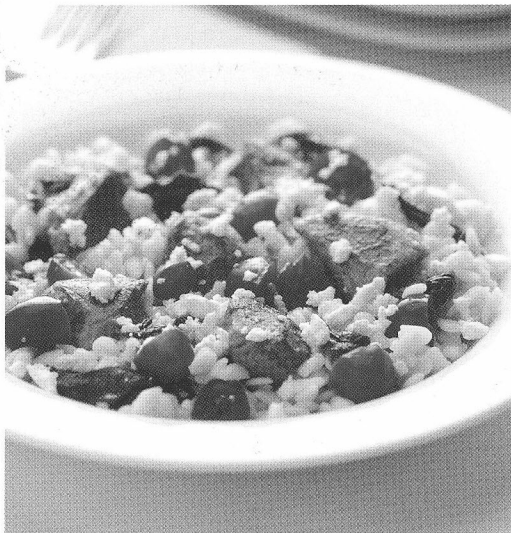
31 g protein

## DIABETIC EXCHANGES

3 lean meat

2 starch

1 fat



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.