

Pork with Tomato-Mushroom Ragu over Pasta

www.Publix.com

*2 tablespoons fresh Italian parsley, coarsely chopped
1 large shallot, chopped finely
1 (one pound) pork tenderloin, cut into one-inch thick slices
large zip-top bag
1/2 teaspoon Kosher salt
1/4 teaspoon pepper
1/4 cup cornstarch
2 tablespoons olive oil
8 ounces sliced baby portabella mushrooms
1/2 cup dry sherry (or chicken stock)
8 ounces wide egg noodles
1 can (14.5 ounce) diced tomatoes, drained
1 1/2 cups chicken stock (or broth)
2 tablespoons cornstarch
2 tablespoons water
3 cups fresh baby spinach
2 tablespoons garlic-herb butter*

Place the pork in the zip-top bag (wash hands). Add the salt, pepper and 1/4 cup of cornstarch to the bag. Seal and shake to coat.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the oil in the pan, then add the pork (shaking off any excess coating). Cook for 2 to 3 minutes on each side or until golden. Remove the pork from the pan.

Meanwhile, bring water to a boil for the noodles.

Reduce the heat on the pan to medium. Place the shallots and mushrooms in the pan. Cook and stir for 2 to 3 minutes or until browned. Reduce the heat on the pan to medium-low. Stir in the sherry. Cook for 2 to 3 minutes or until the liquid is reduced by about one-third.

Cook the noodles according to package directions. Drain and transfer to a medium bowl.

Meanwhile, stir the stock and tomatoes into the mushrooms. Bring to a simmer.

In a bowl, combine the remaining two tablespoons of cornstarch and water. Stir into the tomato mixture. Cook for 2 to 3 minutes or until the sauce thickens.

Return the pork to the pan. Simmer for 3 to 4 minutes or until the pork is 145 degrees. Remove the pork from the pan.

Stir the spinach, butter and tomato mixture into the noodles until evenly coated.

Transfer the pasta to a serving dish. Top with the pork and sprinkle with parsley.

Serve.

Per Serving (excluding unknown items): 743 Calories; 35g Fat (43.3% calories from fat); 50g Protein; 55g Carbohydrate; 3g Dietary Fiber; 147mg Cholesterol; 1080mg Sodium. Exchanges: 3 Grain(Starch); 7 Lean Meat; 2 Vegetable; 5 1/2 Fat.