



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

## Dietitian's Dish

### Simply amazing salads!

Having a simple and flavorful salad that is robust enough to be served as a meal is perfect for busy weeknights. Use a mix of packaged, convenience items and fresh prepared ingredients to make a delicious meal.

Hopefully there will be enough left over for lunch too!

You could even meal prep this for a week of lunches instead of serving for dinner.



A nutrient-filled, lean pork tenderloin takes a long time to cook. But this Thai flavored salad is ready to serve in just 25 minutes.

***The secret - cut the pork into strips before cooking and used a bagged salad kit!***

And, it could be an even quicker meal if you pre-cook the rice another day and reheat what you need when you're ready to use it. The great thing about bagged salads is that they have a variety of flavor combinations and ingredients so you're not buying more than you need of a lot of different items which could go to waste.

### Thai Pork Salad

#### Ingredients:

- 1 cup uncooked instant brown rice
- 1 Tbsp. coconut oil
- 1 pork tenderloin, quartered lengthwise and cut crosswise into 1/2-inch strips (about 1-1/4 pounds)
- 1/2 cup pad Thai sauce
- 1 bag (10.5 ounces) Asian chopped salad kit

#### Directions:

- Prepare rice as label directs.
- In large skillet, heat oil over medium-high heat; add pork and cook 7 minutes, stirring frequently. Add sauce; cook 2 minutes or until internal temperature of pork reaches 145°, stirring frequently.
- In large bowl, prepare salad kit as label directs; add rice and toss. Serve pork over salad. Makes about 7 cups.

