



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 486  |
| <b>PROTEIN</b>      | 33 G |
| <b>CARBOHYDRATE</b> | 56 G |
| <b>TOTAL FAT</b>    | 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)



## 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.