Italian Pork and Vegetable Saute - recipe from PorkBeInspired.com

Times: 10 minutes prep, 15 minutes cook

Ingredients:

1 pound boneless sirloin pork chops, cut into 1-inch cubes

2 tablespoons olive oil, divided

1-2 bell peppers, cored and cut into 1/2-inch dice

10 ounces cremini mushrooms, sliced

3 scallions, white and green parts, thinly sliced

Coarse salt

Freshly ground black pepper

1 tablespoon flour

1/2 cup dry white wine, such as Pinot Grigio, or non-alcoholic varietal grape juice, such as Chardonnay

Cooking Directions:

Heat 1 tablespoon of oil in large ovenproof skillet over medium-high heat. Add red pepper and cook, stirring often, until beginning to soften, about 1 minute. Add mushrooms and cook, stirring often, until juices evaporate, about 5 minutes. Stir in scallions and cook until wilted, about 1 minute. Transfer to a plate.

Season pork with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 tablespoon of oil to skillet and heat. Add pork and cook, turning occasionally, until browned and meat is slightly pink when pierced to the center with tip of sharp knife, about 5 minutes. Sprinkle with flour and stir with wooden spoon to coat pork.

Add wine and 1/2 cup water and bring to a boil, scraping up browned bits in pan with wooden spoon. Return vegetables to pan and cook until sauce is nicely thickened, about 1 minute. Season with salt and pepper. Serve hot.

Makes 4 servings

Nutrition per serving (pork and sauté)

Nutrition:

Calories: 230 calories

Protein: 20 grams

Fat: 11 grams

Sodium: 55 milligrams

Cholesterol: 55 milligrams

Saturated Fat: 2 grams

Carbohydrates: 8 grams

Fiber: 2 grams