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Move more, with more intensity, and sit less.



Aim for **150+ minutes** each week of moderate-intensity aerobic activity.

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Pork Tenderloin and Spinach with Parmesan

SERVES 4

Ingredients

- 1- lb. pork tenderloin (all visible fat discarded)
- Non-stick Cooking spray
- 1/4 cup light Italian salad dressing
- 2 tsp. dried Italian seasoning
- 2 Tbsp. lemon juice
- 1/4 tsp. pepper
- 10 oz. frozen, packaged, chopped spinach
- 2 Tbsp. lemon juice
- 1/2 medium onion (chopped)
- 2 clove garlic (minced) OR 1 tsp. jarred, minced garlic
- 2 Tbsp. grated, fat-free Parmesan cheese
- 2 Tbsp. unsalted, unoiled pine nuts (optional)

Directions

- Combine salad dressing, Italian seasoning, 2 teaspoons of the lemon juice and pepper in a bowl and mix well. Combine liquid mixture and pork in a resealable plastic bag, turning to coat. [Refrigerate overnight if time allows]
- Preheat oven to 400 degrees. Spray cooking sheet with cooking spray and place pork in the center. Pour any marinade remaining in the bag on top.
- Bake for 30 minutes until desired doneness. Let stand 5 minutes to allow juices to redistribute before slicing.
- Spray saucepan with cooking spray. Sauté onions on medium-high heat 3 minutes. Add spinach to onions and cook according to package directions. Drain well – wring off as much water as possible.
- Add lemon juice and garlic, stir. Sprinkle parmesan and pine nuts (optional) over spinach and lightly toss.

Nutritional Facts

Calories	188	Cholesterol	75 mg
Total Fat	4.5 g	Sodium	292 mg
Saturated Fat	1.0 g	Total Carbohydrate	9 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	1.0 g	Sugars	3 g
Monounsaturated Fat	1.5 g	Protein	28 g

Dietary Exchanges: 2 vegetable, 3 1/2 lean meat