

Sage

SPANISH PORK SAUTÉ

Ingredients:

- 1 lb red potatoes, diced
- 2 Tbsp olive oil
- 1 lb 97/3 extra-lean ground pork
- 4 cloves garlic, minced
- 2 cups grilling blend frozen veggies
(zucchini, yellow squash, red peppers, red onion)
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 1 cup frozen corn
- 1 tsp dried sage
- 1 lemon, juiced
- 1/4 cup crumbled feta cheese

Preparation:

1. Fill a large saucepan with water, add potatoes & bring to a boil. Reduce heat to medium & simmer until potatoes are fork-tender. Drain, toss with oil & set aside.
2. Meanwhile, heat a large skillet over medium. Add pork & cook 5-7 minutes, crumbling meat, stirring occasionally.
3. Add garlic & vegetable mix. Cook 3-5 minutes, stirring occasionally. Stir in tomatoes, corn & sage. Cook 5-7 minutes.
4. Stir in potatoes & lemon juice. Cook 1-2 minutes or until all ingredients are warm.
5. Divide into bowls, top with cheese & serve immediately.

25 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(288g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 130mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 2mg	10%
Potassium 870mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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SAGE

In Season

May - October

How to Select

Choose sage that is perky, green & free of brown, yellow, or wilted leaves.

How to Store

Sage will last up to 5 days in the refrigerator. Wrap in a damp paper towel & place in a zip-close bag. You can also trim ends & place in a glass filled with 1 inch of water. Store on counter away from direct sunlight.

Helpful Tip

Dry sage by hanging it upside down at room temperature for 2-3 weeks. When it is completely dry, strip leaves from stems by running your fingers against the direction of growth. Store in a jar up to 12 months.



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