

# Spinach Salad with Spiced Pork and Ginger Dressing

from **Cooking Light**

*Crisp flatbread can round out this satisfying salad supper. You can also serve the seasoned pork as an entrée without the salad, if you wish.*



Photo: Beau Gustafson; Styling: Jan Gautro

- 1 (1-pound) pork tenderloin, trimmed
- 1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)
- 2 tablespoons brown sugar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- Cooking spray
- 3 cups baby spinach leaves
- 2 cups thinly sliced Napa cabbage
- 1 cup red bell pepper strips
- 1/4 cup low-fat sesame ginger dressing (such as Newman's Own)

1. Cut pork crosswise into 1/2-inch slices; flatten each slice slightly with hand. Combine pork and Sriracha in a bowl, tossing to coat. Add sugar, garlic powder, and salt; toss well.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork mixture to pan, and cook 3 minutes on each side or until done. Remove from heat; keep warm.
3. Combine spinach, cabbage, and bell pepper in a large bowl. Add sesame ginger dressing; toss well. Arrange 1 1/2 cups spinach mixture in each of 4 shallow bowls; top each serving with 3 ounces pork.

## **Yield: 4 servings**

CALORIES 202 (21% from fat); FAT 4.7g (sat 1.4g,mono 1.8g,poly 0.5g); IRON 2.2mg; CHOLESTEROL 74mg; CALCIUM 56mg; CARBOHYDRATE 14.7g; SODIUM 490mg; PROTEIN 25g; FIBER 1.9g

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