grilled pork caesar salad with berry delight

TOTAL TIME
30 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

For bolder flavor, brush a little Caesar dressing on the romaine hearts, instead of cooking spray, just before grilling.

SHOPPING LIST

Dairy
1/2 cup aerosol whipped cream
1 cup heavy whipping cream
1/4 cup shredded Parmesan cheese blend
1/2 cup strawberry cream cheese spread

Dry Grocery
1/2 cup Caesar salad dressing
1/2 cup confectioners sugar
cooking spray
1/2 tsp vanilla extract

Meat
1 (1 1/4 lb) teriyaki pork tenderloin

Produce
1/2 cup Caesar salad croutons
1 (5.6-oz) container fresh raspberries
16 oz fresh strawberries
1 cup grape tomatoes
2 whole romaine hearts
1/3 cup strawberry glaze

Suggested Items
Publix Bakery baguette
blueberries (to add to dessert)

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COOKING SEQUENCE

- Preheat grill
- Prepare dessert through step 2; begin to grill pork - 5 minutes
- Complete salad and serve - 25 minutes
- Assemble dessert when ready to serve

grilled pork caesar salad

INGREDIENTS

1 teriyaki pork tenderloin (about 1 1/4 lbs.)
2 whole romaine hearts (rinsed)
cooking spray
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup Caesar salad croutons
1 cup grape tomatoes (rinsed)
1/4 cup shredded Parmesan cheese blend
1/2 cup Caesar salad dressing

STEPS

1. Preheat grill. Place pork tenderloin on heated grill, using tongs; close lid (or cover loosely with foil) and grill 20–25 minutes, turning often, until internal temperature reaches 160°F (for medium). Use meat thermometer to accurately ensure doneness. (Grills vary widely; adjust time as needed.)
2. While pork grills, trim core ends from romaine hearts and discard; cut in half lengthwise and pat dry. Coat cut sides with cooking spray; season with salt and pepper.
3. Remove pork from grill and let stand 5–10 minutes before slicing. While pork stands, place romaine hearts, cut side down, on grill. Grill 1–2 minutes or just until edges wilt slightly. Place each romaine heart, with grilled side up, on salad plate.
4. Cut pork diagonally into very thin slices and arrange over romaine. Add croutons, tomatoes, and cheese; drizzle with dressing and serve.

CALORIES (per 1/4 recipe) 419kcal; FAT 25g; CHOL 100mg; SODIUM 1305mg; CARB 17g; FIBER 2g; PROTEIN 30g; VIT A 31%; VIT C 16%; CALC 9%; IRON 9%

berry delight

INGREDIENTS

16 ounces fresh strawberries (rinsed)
1/3 cup strawberry glaze
1/2 cup soft strawberry cream cheese spread
1/2 cup confectioners' sugar
1 cup heavy whipping cream
1/2 teaspoon vanilla extract
1 (5.6-ounce) container fresh raspberries (rinsed)
1/2 cup aerosol whipped cream

STEPS

1. Remove and discard stem end of strawberries; cut or slice strawberries and place in medium bowl. Stir glaze gently into berries until evenly coated; set aside for flavors to blend.
2. Beat cream cheese in medium bowl, with electric mixer on low, until smooth. Add sugar, cream, and vanilla; beat on low until blended. Increase to medium and beat until stiff peaks form. (Stiff peaks will stand straight up, without bending over, when beaters are lifted.) Chill mixture until ready to serve.
3. Spoon 1/2 cup cream cheese mixture into each dessert dish. Add 1/2 cup strawberries and then divide raspberries evenly over desserts. Top with whipped cream and serve. (Makes 6 servings.)

CALORIES (per 1/6 recipe) 318kcal; FAT 22g; CHOL 78mg; SODIUM 88mg; CARB 28g; FIBER 3g; PROTEIN 2g; VIT A 15%; VIT C 94%; CALC 6%; IRON 3%

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