

indian pork wraps and tangy cucumber salad

TOTAL TIME

30 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Complete your meal with lentils, sliced tropical fruit, and fruit pastry for dessert. The wrap recipe also works well with thin-sliced chicken cutlets instead of pork. Pan-sear both sides of the chicken lightly before assembling the wraps.

SHOPPING LIST

Dairy

1/2 cup plain fat-free yogurt

Dry Grocery

1 tsp garam masala (spice blend)
1 tbs + 2 tsp mango chutney

Meat

4 thin-sliced, boneless pork chops (1 lb)

Produce

2 medium carrots
8 fresh asparagus spears
1/2 cup fresh pre-diced red onions
1 medium red bell pepper
1 seedless cucumber
1 medium yellow squash

From Your Pantry

1/2 tsp ground cinnamon
1/2 tsp ground paprika
3/4 tsp kosher salt

COOKING SEQUENCE

- Prepare pork wraps and begin to bake - 15 minutes
- Prepare salad and chill - 5 minutes
- Complete pork and serve - 10 minutes

indian pork wraps

INGREDIENTS

1 medium red bell pepper, thinly sliced	1/2 teaspoon ground paprika
8 fresh asparagus spears	1/2 teaspoon kosher salt
2 medium carrots	1/4 teaspoon pepper
1 medium yellow squash	4 thin-sliced, boneless pork chops (about 1 lb)
1 teaspoon garam masala (spice blend)	2 teaspoons mango chutney, divided
1/2 teaspoon ground cinnamon	

PREP

- Preheat oven to 400°F.
- Slice red pepper; set aside.
- Cut asparagus into 2-inch pieces, removing tough root end; place in microwave-safe bowl.
- Peel carrots; remove ends from carrots and squash. Cut both in half (3-4" long); then cut lengthwise into 1/4-inch-thick slices. Stack slices and cut into large, uniform matchsticks. Add to asparagus and cover.

STEPS

1. Microwave asparagus mixture on HIGH 2–3 minutes or until crisp-tender.
2. Combine remaining ingredients (except pepper strips, pork, and chutney) until blended; sprinkle evenly over both sides of pork chops. Spread 1/2 teaspoon of the chutney over one side of each pork chop.
3. Arrange one or two strips of each vegetable on top of each pork chop. Fold (or wrap) the pork over the vegetables and secure with wooden picks. Arrange pork wraps on baking sheet. Bake 10–12 minutes or until pork is 160°F (for medium). Remove wooden picks, cut wraps into slices, and serve.

CALORIES (per 1/4 recipe) 260kcal; FAT 12g; CHOL 70mg; SODIUM 240mg; CARB 11g; FIBER 4g; PROTEIN 27g; VIT A 140%; VIT C 80%; CALC 8%; IRON 10%

tangy cucumber salad

INGREDIENTS

1 seedless cucumber, thinly sliced	1 tablespoon mango chutney
1/2 cup fresh pre-diced red onions	1/4 teaspoon kosher salt
1/2 cup plain fat-free yogurt	1/4 teaspoon pepper

PREP

- Cut cucumber in half lengthwise, then cut into thin slices.

STEPS

1. Combine all ingredients (except cucumber) in medium bowl.
2. Stir in cucumber until blended. Cover and chill until ready to serve.

CALORIES (per 1/4 recipe) 50kcal; FAT 0g; CHOL 0mg; SODIUM 135mg; CARB 10g; FIBER 2g; PROTEIN 3g; VIT A 6%; VIT C 15%; CALC 6%; IRON 0%



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