# sesame pork loin with zucchini potato pancakes





#### APRON'S ADVICE

Publix pork loin fillets are lean and delicious. They are a great choice for low-carb and low-fat diets.

#### SHOPPING LIST

#### Dairy

1 egg

1 cup refrigerated hash brown potatoes

4 tsp sour cream (optional)

#### **Dry Grocery**

1/4 cup + 2 tbsp canola oil
3 tbsp flour
paper towel
1 tsp seasoned salt
3 tbsp sesame seeds
1/4 cup sweet-and-sour sauce (optional)

#### Meat

1 1/2 lb teriyaki pork loin fillet

#### Produce

7 green onions 1 medium zucchini

#### Suggested Items

dinner rolls favorite fruit pie



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#### **COOKING SEQUENCE**

- Prepare both pancakes and pork loin through step 1 15 minutes
- Continue pork loin and begin to cook 5 minutes
- Complete both and serve 10 minutes

### sesame pork loin

#### INGREDIENTS

3 green onions

3 tablespoons sesame seeds

2 tablespoons flour

1/2 teaspoon seasoned salt

1 1/2 pounds teriyaki pork loin fillet

2 tablespoons canola oil

1/4 cup sweet and sour sauce (optional)

#### STEPS

1. Chop (rinsed) green onions into 1/4-inch pieces, including up to half of green tops. Combine in medium bowl with sesame seeds, flour and seasoned salt. Cut pork loin into 1/2-inch thick slices. 2. Heat oil in large sauté pan on medium-high heat 2–3 minutes. Place pork slices in bowl and press into sesame mixture, turn and press again to coat both sides. Wash hands. 3. Place coated pork slices, using tongs, in pan and cook 4–5 minutes per side until golden brown. Serve with sweet and sour sauce for dipping. CALORIES (per 1/4 recipe) 358kcal; FAT 19g; CHOL 91mg; SODIUM 1028mg; CARB 10g; FIBER <1g; PROTEIN 35g; VIT A 1%; VIT C 6%; CALC 10%; IRON 16%

## zucchini potato pancakes

#### INGREDIENTS

1 medium zucchini

1 cup refrigerated hash brown potatoes

4 green onions

1 egg

1 tablespoon flour

1/2 teaspoon seasoned salt

1/4 cup canola oil paper towel

4 teaspoons sour cream (optional)

#### STEPS

1. Shred (rinsed) zucchini coarsely, discarding stem end, and then measure 1 cup. Place in medium bowl with hash browns. Chop (rinsed) green onions into 1/4-inch pieces, including up to half of green tops (about 1/4 cup). Add to zucchini mixture with egg, flour and seasoned salt; mix well. 2. Preheat large sauté pan on medium-high heat 2–3 minutes. Add oil; scoop mixture into four patties and place in pan. Cook 2–3 minutes per side until golden brown. Drain on paper towel. Serve with sour cream. CALORIES (per 1/4 recipe) 191kcal; FAT 15g; CHOL 54mg; SODIUM 235mg; CARB 12g; FIBER 2g; PROTEIN 4g; VIT A 6%; VIT C 17%; CALC 2%; IRON 4%