



Broccoli Rabe (Rapini)

Nourishes: 4

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 8 cups chopped broccoli rabe
- 1 tablespoon rice vinegar
- Salt and ground black pepper
- Lemon zest for garnish

Methodology:

In a large sauce pot, bring 1 gallon of salted water to a boil. Add the broccoli rabe and blanch for 2 minutes. Drain well.

Heat a large skillet over medium-high heat. Add oil, garlic and red pepper flakes. Stir for 1 minute.

Add broccoli rabe to skillet. Toss to combine. Season with salt and pepper. Cook over medium-high heat for 2 to 3 minutes. Remove and sprinkle with vinegar.

Top with lemon zest.

Nutritional Profile per serving: Calories: 55

Featured Ingredient Notes:

This recipe contains plenty of vitamin A, C and K. Potassium, folic acid, fiber and the flavonoids found in this vegetable may help prevent the risk of heart disease and stroke. Broccoli rabe also provides iron, calcium, and phytochemicals that are known to have cancer-fighting benefits.



A Graduate in Nutrition and Science, John is also a Certified Trainer with the National Academy of Sports Medicine and a Certified Weight Management Counselor with the ADA. He has produced and recorded various exercise videos (originator of Kickaerobox) and nutritional DVD's. You previously saw him as one of the trainers on the Dr. Phil Weight Loss Challenge on NBC and on Entertainment Tonight. Currently he is the personal nutritionist for PhillyFIT Magazine events such as the BASH, Workout-a-Thon and the Fitness Retreat. Visit him at www.weightlosscoaching.org or kickaerobox@yahoo.com.



Marinated New Year's Pork Tenderloin

Nourishes: 4

Ingredients:

- 1 ½ lb. pork tenderloin
- 2 cans sauerkraut (drain and reserve half the juice for marinade)
- 1/2 apple, peeled, cored and sliced
- 1/2 onion, sliced
- 1 teaspoon dry mustard
- 1 tsp. ground black pepper and salt
- 1 Tbs. minced garlic
- 1 Tbs. brown sugar

Methodology:

1. Marinate pork by using ½ of the sauerkraut juice for 2 hours and up to overnight. Cover and keep in the refrigerator.
2. Place pork with liquid and sauerkraut on rack in roasting pan.
3. Mix garlic, brown sugar, pepper, dry mustard and salt. Rub onto surface of tenderloin.
4. Place apple and onion around pork.
5. Cover and bake in a 325 degree preheated oven for 2 to 2 1/2 hours or until internal temperature reaches 160 degrees F. Let stand 5-10 minutes before slicing.

Nutritional Profile per serving: Calories: 199

Total Fat: 3.8g | Cholesterol: 65mg

Featured Ingredient Notes: *Pork at your first meal for a year of good luck!*