



Noodles with Roast Pork and Almond Sauce

Recipe Source: www.cookinglight.com

Ingredients:

- ½ tsp canola oil
- ½ pound pork tenderloin, trimmed
- ½ tsp salt, divided
- ¼ tsp black pepper
- 8 oz whole wheat uncooked fettuccine
- ¼ cup almond butter
- 2 ½ Tbsp low-sodium soy sauce
- 2 Tbsp rice vinegar
- 1 Tbsp minced peeled fresh ginger
- 1 ½ tsp chili garlic sauce
- 1 cup thinly sliced green onions
- ¼ cup finely chopped fresh mint

Steps:

- Preheat oven to 425°F.
- Drizzle oil in an ovenproof skillet. Sprinkle pork with 1/8 tsp salt and pepper and place in pan.
- Bake at 425° for 10 minutes. Turn pork over, and bake an additional 10 minutes or until a thermometer registers 155°. Place pork on a cutting board. Let stand 10 minutes then shred into small pieces.
- Cook pasta according to package directions, omitting salt and fat. Drain pasta in a colander over a bowl, reserving 2 Tbsp pasta water. Keep pasta warm.
- Combine almond butter, reserved pasta water, remaining salt, soy sauce, vinegar, ginger, and chili garlic sauce.
- Divide pasta evenly among 4 bowls. Top evenly with sauce, pork, onions, and mint.

Tips from the Test Kitchen: You could cook the pork in a slow cooker.

Nutritional Facts: per serving Calories: 371, Carbohydrates: 40 grams, Protein: 26 grams, Total Fat: 12 grams, Saturated Fat: 2 grams, Cholesterol: 41 mg, Sodium: 978 mg, Fiber: 5 grams, Total Sugars: 5 grams.