



spiced pork with black-eyed pea salsa

SERVES 4

ACTIVE: 10 MIN TOTAL: 30 MIN

- 4 tsp olive oil
- 1 1¼-lb pork tenderloin
- 1 tsp chili powder
- 1 tsp ground cumin
- Kosher salt and pepper
- 1 15-oz can black-eyed peas, rinsed
- ½ seedless cucumber, cut into ¼-in. pieces
- 3 scallions, chopped
- 1 jalapeño pepper (seeded for less heat, if desired), finely chopped
- ½ cup fresh cilantro, chopped
- 2 Tbsp fresh lime juice

1. Heat oven to 400°F. Heat 2 tsp of the oil in a large ovenproof skillet over medium-high heat. Season the pork with the chili powder, cumin, and ¼ tsp each salt and pepper and cook, turning, until browned on all sides, 6 to 8 minutes total.

2. Transfer the skillet to the oven and roast until an instant-read thermometer registers 145°F, 12 to 14 minutes. Transfer the pork to a cutting board and let rest at least 5 minutes before slicing.

3. Meanwhile, in a large bowl, combine the peas, cucumber, scallions, jalapeño, cilantro, lime juice, remaining 2 tsp oil, and ¼ tsp each salt and pepper. Serve with the pork.

Per serving: 243 cal, 32 g pro, 16 g car, 5 g fiber, 7 g fat (2 g sat fat), 72 mg chol, 535 mg sod

a mighty heart

Keep it strong by cutting sodium and fat with the strategies used in the recipes on these pages:

- Instead of panfrying, stir-fry and sauté in a nonstick skillet, which requires half the artery-clogging oil of uncoated pans. Try GreenPan's eco-friendly Stainless Steel Gourmet Open Frypan (\$59.95; hsn.com).
- When cooking with oil, opt for olive or canola, both of which are high in monounsaturated ("good") fats and low in saturated ("bad") fats, notes Bethany Thayer, MS, RD, author of *The Heart Smart II Cookbook*.
- Choose lean protein, like fish, chicken and pork tenderloin, suggests Ruth Frechman, RD, spokeswoman for the American Dietetic Association. Before cooking beef, trim visible fat.
- Amp up the flavor of nearly any dish with sautéed onions and garlic as well as spices—from chili powder to fresh cilantro, says Preston Maring, MD, associate physician in chief at Kaiser Permanente Medical Center in Oakland, California. If you reach for a premade spice blend, warns Thayer, read the label to make sure the blend is sodium-free.
- Since 80 percent of Americans' sodium intake comes from packaged foods and restaurant meals, notes Janet Brill, PhD, RD, author of *Prevent a Second Heart Attack*, it's important to read labels. Buy items that are free of trans fats (often disguised by the word *hydrogenated*).

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