

Cook Once Eat Twice!!!

Cook enough Pork and Cabbage to use for two meals

## #1. Pork Chops with Red Cabbage

### Ingredients:

- <sup>35</sup>/<sub>17</sub> 2 pork chops
- <sup>35</sup>/<sub>17</sub> 1/8 cup cider vinegar
- <sup>35</sup>/<sub>17</sub> 1 Tb. brown sugar
- <sup>35</sup>/<sub>17</sub> 1 t olive oil
- <sup>35</sup>/<sub>17</sub> 1 cup of red cabbage
- <sup>35</sup>/<sub>17</sub> 1/2 cup onion, slices
- <sup>35</sup>/<sub>17</sub> Black Pepper and Mrs. Dash to taste

### Procedure:

1. In a small bowl, combine vinegar, brown sugar, Mrs. Dash and black pepper.
2. Sprinkle pork with Mrs. Dash. In a large skillet, heat oil over medium heat. Add pork. Cook 3-4 minutes and turnover. Cook another 3 -4 minutes, until the juices run clear.
3. Cook cabbage and onion in another skillet. Cook over medium heat for 5 minutes. Add the vinegar mixture and pork. Heat through.

#2.

Ingredients:

- $\frac{35}{17}$  Tortilla (one per person)
- $\frac{35}{17}$  1 Tb. guacamole (per person)
- $\frac{35}{17}$  Cooked cabbage
- $\frac{35}{17}$  Cooked pork tenderloin

Procedure:

1. Spread guacamole on tortilla.
  2. Add cabbage and pork.
  3. Fold in half and place in a warmed skillet.
  4. Cook until browned and flip.
  5. Cook until browned and warmed through.
- Serve with salsa.