

Fuel for Gold Mixed Mushroom and Pork Skillet

- 1 lb fresh portabellas and/or shiitakes
- 3 Tbs divided vegetable oil
- 1 lb pork tenderloin, cut in 2-inch pieces
- 2 lg red and/or yellow peppers, cut in 2-inch pieces
- 1 med onion, cut in 1-inch pieces
- 1/2 tsp dried thyme leaves, crushed
- 1 tsp salt
- 1/4 tsp ground black pepper
- 3/4 cup dry white wine or water
- 2 tsp cornstarch

- 1 Trim and cut portabellas in large pieces; remove and discard shiitake stems and cut caps in halves; reserve. In a large nonstick skillet, over medium heat, heat 2 tablespoons oil until hot. Add pork; cook, stirring frequently, until it loses its pink color, 8 to 9 minutes; remove to plate and keep warm.
- 2 To the skillet, add remaining 1 tablespoon oil; add peppers, onion and prepared mushrooms; cover and simmer until vegetables are tender, about 10 minutes.
- 3 In a small bowl, combine cornstarch, thyme, and the salt and pepper with 3/4 cup water; stir into mushroom mixture along with the wine. Cook uncovered, stirring often, until sauce is clear and slightly thickened, 3 to 4 minutes. Return pork to skillet; heat only until hot.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 1500 calorie diet.

Nutrition information provided by the recipe author.

Amount Per Serving		
Calories		451.89
Calories From Fat (43%)		192.37
Calories From Protein (38%)		169.80
Calories From Carbs (14%)		61.03
Calories From Alcohol (6%)		28.69
		% Daily Value
Total Fat 21.49g		44%

Saturated Fat 4.59g		31%
Monounsaturated Fat 10.46g		
Polyunsaturated Fat 4.35g		
Trans Fatty Acids 0.00g		
Cholesterol 78.54mg		35%
Sodium 372.60mg		21%
Potassium 1158.01mg		44%
Carbohydrates 15.34g		7%
Dietary Fiber 3.38g		18%
Sugar 6.47g		
Sugar Alcohols 0.00g		
Net Carbohydrates 11.96g		
Protein 42.68g		114%
Vitamin A 2288.51IU		61%
Vitamin C 143.94mg		320%
Calcium 29.88mg		4%
Iron 3.15mg		23%
Vitamin E 2.97IU		40%
Vitamin D 86.18IU		29%
Thiamin 1.39mg		124%
Riboflavin 1.03mg		81%
Niacin 11.59mg		77%
Vitamin B6 1.05mg		70%
Folate 45.15µg		15%
Vitamin B12 1.29µg		29%
Pantothenic Acid 3.13mg		42%
Phosphorus 500.55mg		67%
Magnesium 71.79mg		24%
Zinc 4.55mg		40%
Copper 0.49mg		33%
Manganese 0.42mg		28%
Selenium 71.35µg		136%
Alcohol 4.12g		
Caffeine 0.00mg		
Water 316.72g		
MyPoints 11.5		

Recipe Source

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Web page: www.CuisineCulture.ca