



American
Heart
Association.

MARCH

7 SALTY MYTHS **BUSTED**

The science is clear... our kids eat more sodium than what is safe and recommended. One way to cut back is to skip the table salt. However, most of the sodium in our diets comes from packaged, processed foods. Eating these foods less often can help reduce your sodium intake, lower your blood pressure and/or prevent high blood pressure (HBP or hypertension) from developing in the first place.

THINK YOU KNOW EVERYTHING THERE IS ABOUT SALT?

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Pork Tenderloin and Spinach with Parmesan



INGREDIENTS

Serves 4

- 1- lb. pork tenderloin (all visible fat discarded)
- non-stick Cooking spray
- 1/4 cup light Italian salad dressing
- 2 tsp. dried Italian seasoning
- 2 Tbsp. lemon juice
- 1/4 tsp. pepper
- 10 oz. frozen, packaged, chopped spinach
- 2 Tbsp. lemon juice
- 1/2 medium onion (chopped)
- 2 clove garlic (minced) OR 1 tsp. jarred, minced garlic
- 2 Tbsp. grated, fat-free Parmesan cheese
- 2 Tbsp. unsalted, unroasted pine nuts (optional)

DIRECTIONS

1. Combine salad dressing, Italian seasoning, 2 teaspoons of the lemon juice and pepper in a bowl and mix well. Combine liquid mixture and pork in a resealable plastic bag, turning to coat. [Refrigerate overnight if time allows]
2. Preheat oven to 400 degrees. Spray cooking sheet with cooking spray and place pork in the center. Pour any marinade remaining in the bag on top.
3. Bake for 30 minutes until desired doneness. Let stand 5 minutes to allow juices to redistribute before slicing.
4. Spray saucepan with cooking spray. Sauté onions on medium-high heat 3 minutes. Add spinach to onions and cook according to package directions. Drain well – wring off as much water as possible.
5. Add lemon juice and garlic, stir. Sprinkle parmesan and pine nuts (optional) over spinach and lightly toss.

Nutritional Facts

Calories	188	Cholesterol	75 mg
Total Fat	4.5 g	Sodium	292 mg
Saturated Fat	1.0 g	Total Carbohydrate	9 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	1.0 g	Sugars	3 g
Monounsaturated Fat	1.5 g	Protein	28 g

Dietary Exchanges: 2 vegetable, 3 1/2 lean meat