

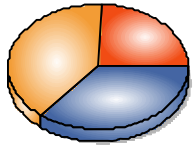


Fig & Blue Cheese Stuffed Pork Loin w/ Wild Rice and Broccoli-Nut Saute

By: Created by DrJez LLC

Recipe grams: 1168.90g/41.2oz

Serves 4 292.23g/10.3oz per serving



Protein: 34%
Carbohydrates: 45%
Fat: 21%

INGREDIENTS

1 lb PORK TOP LOIN, RAW, SLO
1/2 cup FIG, DRIED
1/4 cup BLUE CHEESE
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
1 cup WILD RICE, RAW
4 cups BROCCOLI FLOWER CLUSTERS, RAW
1 oz PINE NUT, PINYON, DRIED
3 cloves GARLIC, RAW
1/2 cup CHICKEN BROTH, NONFAT, LOWER SODIUM
1 tsp CORNSTARCH

DIRECTIONS

Begin cooking wild rice as per directions timing with completion of pork. If using raw wild rice, allow about 45 minutes to serving of meal.

Preheat Oven to 450°F.

Place figs in a small food processor or chopper and process until finely ground, or chop finely by hand. Combine with Blue cheese crumbles in a small bowl.

Slice pork loin lengthwise until it can be opened up like a book, not cutting through the other side. Lay out flat and place a heavy sheet of plastic over the top. Pound until 1/2 inch thick and uniform throughout.

Spread fig and cheese mixture over the center seam of the pork loin and spread to within 1/4 inch margin. Roll up lengthwise. Tie with twine. Place on a rack over a foil-lined cooking pan. Sprinkle with salt and pepper and bake for 20-25 minutes. Remove when done and allow to sit for 5 minutes.

Chop garlic into fine pieces.

Heat a large skillet dry over medium-high heat. Add pine nuts and toss continually until lightly toasted. Remove from pan and set aside.

Combine broth with cornstarch in a small bowl to make a slurry.

Spray skillet with cooking spray and heat over medium-high heat. Add garlic and heat gently until garlic releases aroma. Add broccoli and toss continually until bright green and just tender. Add fresh chicken broth or water as needed to keep heat low.

Remove from heat and push broccoli from center of pan. Add broth/cornstarch mixture, stir briefly until it begins to thicken and combine with broccoli, tossing to coat. Add reserved pine nuts, combine and divide among four plates.

Season wild rice with butter substitute as desired and divide among plates.

Slice pork loin into 12-16 slices and divide among plates.

Serve.

Nutrition Facts

Serving Size: 1 serving (292.2g)
Servings: 1

Amount Per Serving

Calories 420 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 70mg **25%**

Sodium 470mg **20%**

Total Carbohydrate 49g **15%**

Dietary Fiber 5g **20%**

Sugars 10g

Protein 37g

Vitamin A 45% • Vitamin C 110%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.