

# Tomato-Orange Pork with Yellow Rice Pilaf

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## PORK

4 cloves garlic, coarsely chopped  
1 teaspoon fresh thyme, coarsely chopped  
1 teaspoon fresh oregano, coarsely chopped  
(2 teaspoons) zest of two oranges  
(one cup) juice of two oranges  
1 (one pound) pork tenderloin, cut into one-inch slices  
1/2 teaspoon adobo seasoning with pepper  
1 tablespoon olive oil  
1 can (14.5 ounce) diced tomatoes, undrained  
1 cup reduced sodium chicken broth  
1/3 cup stuffed green olives, sliced

## RICE PILAF

1 tablespoon olive oil  
1 package (8 ounce) low-sodium yellow rice  
2 cups reduced sodium chicken broth  
1/2 cup frozen green peas  
1 package (2 ounce) slivered almonds

## Preparation Time: 10 minutes

## Cook Time: 25 minutes

Coat the pork with adobo seasoning. Then wash your hands.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the oil in the pan. Add the pork. Cook for 3 to 4 minutes on each side or until browned. Remove the pork from the pan. Set aside.

Add the remaining ingredients to the same pan. Bring to a boil. Reduce the heat to medium-low. Simmer for 3 to 4 minutes or until the liquid has reduced by about one-half.

Return the pork to the pan. Reduce the heat to low. Cook for 2 to 3 minutes, stirring frequently, until the pork is 145 degrees. Serve over rice.

Make the rice: Preheat a medium saucepan on medium-high for 2 to 3 minutes. Place the oil in the pan. Add the rice. Cook and stir for 1 minute. Add the broth. Bring to a boil.

Cover the rice. Reduce the heat to low. Simmer for 18 to 20 minutes or until all of the liquid has been absorbed and the rice is tender.

Fluff the rice with a fork. Fold in the peas and almonds. Cover. Let stand 1 to 2 minutes to warm the peas.

Serve.

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Per Serving (excluding unknown items): 1473 Calories; 112g Fat (65.5% calories from fat); 83g Protein; 49g Carbohydrate; 16g Dietary Fiber; 147mg Cholesterol; 227mg Sodium. Exchanges: 2 1/2 Grain(Starch); 10 Lean Meat; 2 1/2 Vegetable; 18 1/2 Fat.