

# PORK MANGO KABOBS

SERVES 4 • 30 MINUTES

## Ingredients:

½ cup low-sodium soy sauce  
(natural-brewed soy sauce would be an even better option!)  
¼ cup canola oil  
2 tablespoons rice vinegar  
1 lean-cut pork tenderloin (about 12oz.)  
3 mangoes (pitted, skinned, and diced)  
2 bunches of green onions, cut  
into 1-inch pieces  
18 x 8-inch wooden skewers

## Per Serving:

**Calories:** 204  
**Fat:** 10 g  
**Cholesterol:** 193 mg  
**Omega-3:** 137 mg  
**Sodium:** 564 mg  
**Carbohydrates:** 18 g  
**Fiber:** 2 g  
**Sugar:** 4 g  
**Protein:** 13 g  
**Vitamin A:** 7%  
**Vitamin C:** 5%  
**Calcium:** 10%  
**Iron:** 10%  
**Zinc:** 15%  
**Magnesium:** 8%

## Nutrition Notes:

This protein-rich frittata is an egg-cellent way to start your day off on a high note. While a sugary bowl of cereal may result in a blood sugar crash, beginning the day with a good source of protein and fiber will help you stay more focused all morning long!

## Preparation:

**Rice:** Combine water, rice, and ¼ tsp. salt in a small, heavy saucepan; bring to a boil. Cover, reduce heat to maintain a simmer, and cook until the rice is tender with a slight bite (40 to 50 minutes).

**Frittata:** While rice is cooking, beat eggs and egg whites in a large bowl with parsley, ¼ teaspoon salt, ¼ teaspoon pepper, and nutmeg.

Heat oil over medium heat in a 10-inch non-stick skillet with an oven-safe handle. Add onion and the remaining ¼ teaspoon each of salt and pepper; cook, stirring, until softened (about 3 minutes).

Stir in mushrooms and cook, stirring frequently, until they release their liquid and the pan is dry (6 to 8 minutes). Reduce heat to medium-low; stir in the cooked rice.

Pour the reserved egg mixture evenly over the rice and vegetables. Partially cover and cook until set around the edges (about 5 minutes). Sprinkle with fontina cheese and ham. Place the pan under broiler and broil until the eggs are set and the top is nicely browned (about 2 minutes). Sprinkle with fresh basil and serve.

