



Chinese pork and asparagus soup

SERVES 4 TIME 30 minutes

6 oz. dried chow mein noodles

5 cups reduced-sodium chicken broth

1 tbsp. finely grated fresh ginger

3 tbsp. reduced-sodium soy sauce

1 pork tenderloin (about 1 lb.), fat trimmed

1 lb. asparagus, ends trimmed, cut

into 1-in. pieces

1/4 cup sliced green onions

Sriracha*

1. Cook noodles according to package directions; drain, then set aside.

2. Meanwhile, in a large saucepan, combine broth, ginger, and soy sauce and bring to a simmer over medium heat.

3. Thinly slice pork, then add to broth along with asparagus. Stir to separate meat slices and cook until pork is no longer pink, 3 to 4 minutes. Stir in green onions and noodles. Serve with Sriracha.

-KATE WASHINGTON

***Look for Sriracha, an Asian red chili sauce, in your market's Asian foods aisle.**

PER SERVING 398 CAL., 38% (153 CAL.) FROM FAT;
33 G PROTEIN; 17 G FAT (3.1 G SAT.); 31 G CARBO
(2.7 G FIBER); 1,404 MG SODIUM; 68 MG CHOL.