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Celebrate Memorial Day

Barbecued Pork Sandwich

Servings: x4 Prep Time: 10 mins
Cook Time: 20 mins Marinate: 10 mins

- 1/2 onion, red, very thinly sliced
- 3/4 cup water, boiling
- 1/2 cup orange juice, fresh
- 3 tbsp vinegar, white
- 1 tsp pepper, black freshly ground
- 2 tsp paprika, smoked hot
- 1 lb pork, tenderloin / Tenderloin filet
- 1 clove garlic, minced
- 1 tbsp barbecue sauce
- 2 tsp orange juice, fresh
- 2 tsp lime juice
- 2 tbsp olive oil
- 1/8 tsp cooking oil spray
- 2 rolls, whole wheat, toasted



Pour the boiling water over the sliced red onions and let stand for 10 minutes. Drain and toss with 1/2 cup orange juice, and vinegar. Allow to stand as you prepare and cook the pork. Preheat the barbecue. Mix together the pepper and smoked paprika. Rub onto pork tenderloins and set aside for 10 minutes. Meanwhile, mix together the chopped garlic, barbecue sauce, 2 tsp orange juice and lime juice. Whisk in the olive oil and set aside. Spray the barbecue with cooking spray and cook the pork tenderloin uncovered for 5 minutes, turning to grill all sides. Reduce the heat to medium and cook the pork for 10 minutes covered until cooked through. Allow to rest 5 minutes before slicing. Drain the onions. Thinly slice the pork into rounds and mound onto rolls. Drizzle with barbecue sauce mixture and top with red onions.

Potato Salad with Mustard Vinaigrette

Servings: x4 Prep Time: 5 minutes
Cook Time: 10 minutes Cool Time: 5 minutes

- 1 1/2 lb potatoes, small red (baby)
- 1 1/2 tsp Dijon mustard
- 1 tbsp mustard, grainy
- 1 tbsp vinegar, white wine
- 1/2 tsp pepper, black freshly ground
- 2 1/2 tbsp olive oil
- 1 tsp tarragon, fresh, chopped
- 2 shallots, sliced thin



Place potatoes in a pot of cold salted water and bring to a boil. Simmer, partially covered, until potatoes are tender, about 10 minutes, then drain. Whisk together mustards, vinegar and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified. When potatoes are just cool enough to handle, halve them, then add to vinaigrette along with tarragon and shallots, and toss to combine. Serve warm or at room temperature.

Perfect Fruit Salad

Servings: x4 Prep Time: 10 minutes

- 2 banana, peeled
- 2 peaches, fresh, peeled and pitted
- 1 pear, bosc, cored
- 1 apple, red, cored
- 1/4 cantaloupe, peeled, seeded
- 1 kiwi, peeled
- 1/2 cup strawberries, fresh, hulled
- 1 tbsp lemon juice
- 2 tbsp walnuts, chopped, toasted
- 1 tbsp sugar, white granulated
- 2 tbsp mint, fresh, chopped

In a large bowl cut all the fruit into small pieces and mix well with the lemon juice and walnuts.

If your fruit is good and sweet the fruit salad is ready. If not, add the sugar and mix in with the mint.

Refrigerate until served.

