



Snap to it.

NOW IN SEASON



January is a time to recommit to a healthier you. Luckily, it's also just around that time when cool-weather favorite, sugar snap peas, are in their prime. Fruits and vegetables are at their freshest and tastiest when they are in season, and these perfect pods are no exception.

With over 50 dressings loaded with quality ingredients and free from artificial preservatives, KRAFT Regular and Light Dressings have the perfect flavor to complement your fresh, in-season vegetables. Here is a deliciously crisp new way to enjoy the pure taste of KRAFT Dressing and sugar snap peas together.

Snappy Little Snap Pea Facts

- Low in total fat, saturated fat, cholesterol and sodium
- A good source of vitamin A and iron
- Both the pea and the pod are edible



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Saucy Stir-Fried Pork

Prep Time: 15 min **Total Time:** 25 min **Makes:** 4 servings, 1-3/4 cups each

2 cups instant white rice, uncooked
 1/4 cup KRAFT Zesty Italian Dressing
 1 lb. pork tenderloin, cut into thin strips
 1 red pepper, cut into thin strips
 8 oz. sugar snap peas
 3 green onions, diagonally sliced
 2 Tbsp. soy sauce
 1 tsp. cornstarch
 1/2 tsp. ground ginger

COOK rice as directed on package.

MEANWHILE, heat dressing in large skillet on medium-high heat. Add meat; cook and stir 2 min. Add peppers and peas; cook 3 min., stirring frequently. Add onions; cook and stir 1 min.

MIX soy sauce, cornstarch and ginger until well blended. Add to meat mixture in skillet; cook 1 min. or until sauce thickens, stirring frequently. Serve over the rice.

Substitute Tips:

Substitute KRAFT Light Asian Toasted Sesame Dressing for the KRAFT Zesty Italian Dressing, soy sauce, cornstarch and ground ginger. Cook meat, peppers and peas in 1 tsp. oil as directed. Add dressing with onions; cook and stir 1 min.

 **Nutritional Information:** Calories 370; Total fat 8g; Saturated fat 2g; Carbohydrate 44g; Protein 29g

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pure **KRAFT**