

Happy Mother's Day



simply **gina's**

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841 Ridgewood Avenue (US #1)
Holly Hill, FL 32117
386-947-2000

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Fresh Local Seafood!

Happy Mother's Day

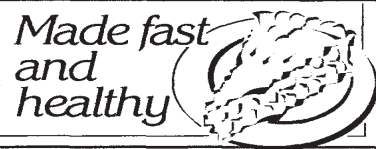


Best Daytona Beach Area Restaurants as seen on urbanspoon.com

(386) 402-9300
747 EAST 3RD AVENUE, NEW SMYRNA, BEACHSIDE (South Causeway - Publix Shopping Center)

OFFTHEHOOKRAWBAR.COM

Comfort foods



by Healthy Exchanges

Mexicali Tenderloins

This recipe guarantees a kiss for the cook every time!

- 4 (4-ounce) lean pork tenderloins or cutlets
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1/2 cup chunky salsa
- 1 teaspoon dried parsley flakes
- 1 cup frozen whole-kernel corn, thawed

1. In a large skillet sprayed with olive oil-flavored cooking spray, lightly brown meat on both sides for about 3 minutes. In a medium bowl, combine tomato soup, salsa, parsley flakes and corn.

2. Spoon soup mixture evenly over browned meat. Lower heat, cover and simmer for 10 minutes. Uncover and continue simmering for 5 minutes.

3. When serving, place a piece of meat on a plate and spoon about 3/4 cup sauce mixture over top. Serves 4.

* Each serving equals: 243 calories, 7g fat, 27g protein, 18g carbohydrates, 417mg sodium, 2g fiber; Diabetic Exchanges: 3 Meat, 1 Starch.

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