

DECEMBER 2002

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ADL Keyword: Good Housekeeping

DIJON-FENNEL PORK TENDERLOIN & SWEET POTATO FRIES

SERVING: 4 MAIN-DISH SERVINGS

COOK TIME: 15 MINUTES • TOTAL TIME: 40 MINUTES

SWEET-POTATO FRIES

nonstick cooking spray

2 medium sweet potatoes (about 1 1/4 pounds)

1/2 teaspoon salt

DIJON-FENNEL PORK

1 tablespoon Dijon mustard

2 teaspoons fennel seeds, crushed

1 garlic clove, crushed with garlic press

1/2 teaspoon dried thyme

1/2 teaspoon salt

1/2 teaspoon ground black pepper

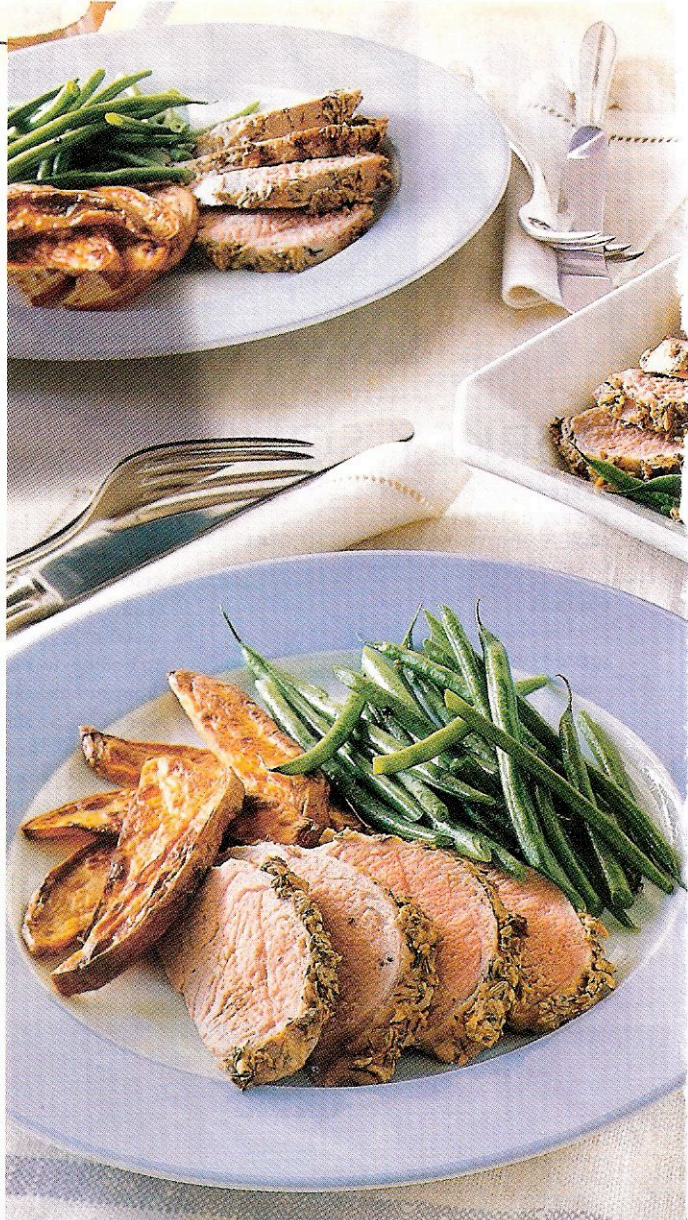
1 whole pork tenderloin (about 1 pound)

1. Prepare Sweet-Potato Fries: Preheat oven to 475° F. Spray 15 1/2" by 10 1/2" jelly-roll pan or large cookie sheet with nonstick cooking spray.
2. Scrub potatoes well, but do not peel. Slice each potato lengthwise in half. Holding each potato half cut side down, cut lengthwise into 1/4-inch-thick slices. Place potatoes in jelly-roll pan; sprinkle with salt and lightly coat with nonstick cooking spray.
3. Prepare Dijon-Fennel Pork: In small bowl, mix all ingredients except pork. Rub pork with Dijon mixture. Place pork on rack in small roasting pan (14" by 10").
4. Place potatoes and pork on 2 oven racks, and roast about 25 minutes or until pork is still slightly pink in the center (internal temperature of meat should be 155° F. on meat thermometer) and potatoes are tender and lightly browned. Transfer pork to cutting board and thinly slice. Transfer potatoes to serving bowl.

Each Serving: CALORIES: 300 • TOTAL FAT: 5 G

SATURATED FAT: 2 G • CHOLESTEROL: 67 MG • SODIUM: 670 MG

CARBOHYDRATES: 36 G • FIBER: 5 G • PROTEIN: 27 G



WILTED GREENS

SERVES: 4

COOK TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

2 teaspoons olive or vegetable oil

1 small head (1 pound) napa cabbage
(Chinese cabbage), sliced crosswise
into 1/2-inch strips

2 green onions, chopped

1/2 teaspoon salt

1 bag (10 ounces) prewashed spinach

1 garlic clove, crushed with garlic press

1. In nonstick 12-inch skillet or 5-quart Dutch oven, heat 1 teaspoon olive oil over medium-high heat until hot. Add napa cabbage, green onions, and 1/4 teaspoon salt and cook 5 minutes or until cabbage is wilted, stirring occasionally. Remove cabbage mixture to medium bowl.
2. In same skillet or Dutch oven, in remaining 1 teaspoon olive oil, cook half of spinach until wilted, about 2

minutes. Add crushed garlic, 1/4 teaspoon salt, and remaining spinach. Cook, stirring constantly, until spinach is wilted, about 2 minutes longer. Return cabbage mixture to skillet, heat through, stirring occasionally.

Each Serving:

CALORIES: 50 • TOTAL FAT: 3 G

SATURATED FAT: 0 G • CHOLESTEROL: 0 MG

SODIUM: 335 MG • CARBOHYDRATES: 4 G

PROTEIN: 3 G

“As an entertainer, meals are often on the run – which only makes me appreciate it all the more when my wife Cybele makes great, healthy home cooked meals like this one.”

— Adam Pascal, currently starring in *Aida* on Broadway,
with wife Cybele and son Lennon.

