



## WILTED SAVOY SALAD

*A 20-minute meal for a twosome—*

- 1 6-ounce jar marinated artichoke hearts or two 4-ounce jars pickled mushrooms
- 1 yellow sweet pepper, cut into thin strips
- 6 ounces sliced Canadian-style bacon, halved
- 8 cups torn Savoy cabbage or Chinese cabbage

Tomato wedges

Coarsely cracked black pepper

Drain artichokes, reserving marinade; cut up any large pieces. In a 12-inch skillet heat  $\frac{1}{3}$  cup reserved marinade. Add sweet pepper; cook and stir 3 minutes. Add artichokes and bacon; toss to coat. Cook 2 minutes. Add cabbage. Cook over low heat about 1 minute, tossing just till cabbage wilts. Transfer to 2 plates. Top with tomato and pepper. Pass any remaining marinade. Makes 2 servings.

**Per serving:** 415 cal., 24 g pro., 27 g carbo., 26 g fat, 43 mg chol., 1,602 mg sodium, 11 g fiber. U.S. RDA: 63% vit. A, 203% vit. C, 59% thiamine, 19% riboflavin, 35% niacin, 14% iron.