

Build A Healthy Plate with Pork



A resounding message from the 2015 Dietary Guidelines for Americans is that the food and beverage choices you make matter. What you choose to put on your plate or pour in your glass, meal in and meal out, can impact your health—for better or for worse.

Good health is easier to achieve than you may think. It's the small changes that help add up to a big difference, like choosing lean meats or using whole grains instead of refined grains. And including more fruits and vegetables at each meal. By shifting to more nutrient-rich choices, and eating and drinking the amount that's right for you, you can help lower risk for overweight and obesity, and diseases like cancer, diabetes and heart disease.

The next time you sit down to a meal, take a look at your plate and compare it to this checklist:

- ❑ Half my plate is filled with fruits and vegetables and there is often variety among my choices.
- ❑ Grains are whole grain.
- ❑ Protein choices are lean and varied.
- ❑ Dairy foods, such as milk, yogurt and cheese, are low-fat or fat-free.
- ❑ Foods like spreads and oils, beverages and packaged foods are those types and brands that are lower in saturated fat, sodium and added sugars.
- ❑ Portion sizes for grains and protein are reasonable – i.e., each fills about a quarter of my plate.
- ❑ Any added fats, salt and sugars topping the foods on my plate are used sparingly.

If your plate got all checks, congratulations!

If not, here's a little help. These examples show what a healthy plate looks like, and features delicious, lean pork, a half plate of fruits and veggies, whole grains and low-fat dairy foods. Making small shifts to create delicious and nutritious meals is easier than you think.

Meal 1: Sauteed Pork Tenderloin Medallions with Lemon



pork tenderloin medallions



whole wheat pasta



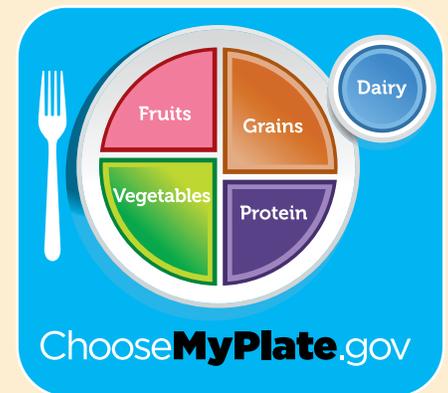
broccoli rabe



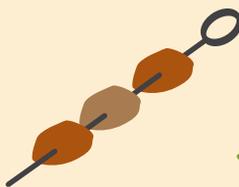
berries



fat-free Greek yogurt



Meal 2: Easy, Breezy Honey-Chipotle Pork Kabobs



pork kabobs



arugula salad



whole-grain wild rice

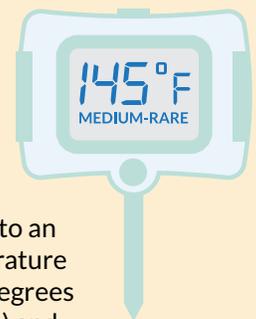


grapes



fat-free milk

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145 degrees F. (medium rare) and 160 degrees F. (medium), followed by a 3-minute rest.



Sauteed Pork Tenderloin Medallions with Lemon

10 minutes prep | 10 minutes cook | Serves 4

1 pork tenderloin, (1 pound), trimmed
1/4 teaspoon salt, divided
1/4 teaspoon plus 1/8 teaspoon black pepper, divided
2 teaspoons olive oil, divided
2 cloves garlic, minced
1/2 cup chicken broth, low-sodium

1/2 cup dry white wine, (for non-alcoholic, substitute low-sodium chicken broth)
Grated zest and 1 tablespoon lemon juice, from 1 lemon
1 tablespoon fresh parsley, chopped, OR 1
1/2 teaspoons chopped fresh sage or rosemary*

Cut pork into 12 slices, about 1-inch thick. Sprinkle pork on all sides with 1/8 teaspoon of the salt and 1/4 teaspoon of the pepper. Heat 1 teaspoon of the oil in a large heavy skillet over medium-high heat. Add the pork and cook, turning once, until the pork is well browned and internal temperature reaches 145 degrees F, about 1 1/2 minutes on each side. Transfer pork to serving platter and cover to keep warm.

Add the remaining 1 teaspoon oil to skillet. Add garlic and cook, stirring constantly, until garlic is fragrant, about 30 seconds. Add the wine and broth. Increase heat to high and cook, stirring to scrape up the browned bits from the bottom of the skillet, until the liquid is reduced by two thirds, about 5 minutes.

Remove the skillet from the heat and stir in the remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, the lemon zest and juice, and the parsley. Serve the pork medallions drizzled with the sauce (makes a generous 1/3 cup; about 1 1/2 tablespoons per serving).

*To substitute fresh herbs with dried herbs, use 1 1/2 teaspoons dried parsley or 3/4 teaspoon dried sage, or 3/4 teaspoon dried rosemary



Nutrition:

Calories: 150 calories
Protein: 24 grams
Fat: 5 grams
Sodium: 220 milligrams
Cholesterol: 75 milligrams
Saturated Fat: 1 gram
Carbohydrates: 1 gram
Fiber: 0 grams

Serving Suggestions:

Serve the pork with whole wheat linguine or brown jasmine rice to soak up all the delicious lemon sauce. Steamed broccoli rabe or spinach would make a terrific accompaniment.

Easy, Breezy Honey-Chipotle Pork Kabobs

15 minutes prep | 45 minutes cook | Serves 4

1 pound New York (top loin) pork chops, about 1 inch thick, cut into 1-inch cubes
1 orange-fleshed sweet potato, (about 12 ounces), cut into 1-inch cubes
12 ounces small red potatoes, or white potatoes, about 1 inch in diameter (or halved if 2 inches in diameter)
Salt, to taste

1/2 cup honey
1/2 cup barbecue sauce
3 canned chipotle chiles in adobo sauce, minced, or more to taste
12 scallions, white and light green parts only, cut into 1-inch pieces
1/2 cup goat cheese, crumbled
1 tablespoon fresh cilantro, chopped

Place sweet potatoes and red or white potatoes in a medium saucepan, cover with cold water by 1 inch, and season water with salt. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are cooked but still firm, 3 to 5 minutes. Drain and set aside to cool slightly.

Meanwhile, in a small bowl, combine barbecue sauce, honey and chipotles. Divide mixture in half and set both batches aside.

Thread pork, sweet potatoes, potatoes and scallions onto 8 12-inch skewers (pre-soaked in water if wood or bamboo). Prepare a grill to medium-hot heat and thoroughly oil the grate. Cook 2 1/2 to 3 minutes on each side, brushing with one batch of the sauce each time you turn, cooking until all 4 sides are browned, pork is cooked through, and the sauce is used up, about 10 minutes. Transfer skewers to a platter and set aside to rest 3 minutes.

Sprinkle skewers with cheese and cilantro. Serve hot with the remaining batch of sauce on the side.



Nutrition:

Calories: 530 calories
Protein: 29 grams
Fat: 10 grams
Sodium: 560 milligrams
Cholesterol: 80 milligrams
Saturated Fat: 3 grams
Carbohydrates: 83 grams
Fiber: 6 grams

Serving Suggestions:

Although these kabobs are great with both sweet and regular potatoes, you can use just one kind of potato, or you can combine potatoes with other vegetables, like zucchini, onion, or eggplant. On the side, serve a simple salad of mixed greens.

Visit PorkBeInspired.com for more nutritious and delicious pork recipes.



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