

HEALTHY helpings

Nutritious Meal Ideas with Pork

When the family gathers for dinner, serve up a meal that is both healthful and delicious by adding the great taste of lean pork. Pork packs nutrients in every lean serving. A 3-ounce portion of pork tenderloin, for example, is an "excellent" source of protein, thiamin, vitamin B6, phosphorus and niacin, and a "good" source of potassium, riboflavin and zinc, yet contributes only 6 percent of calories to a 2,000-calorie diet.

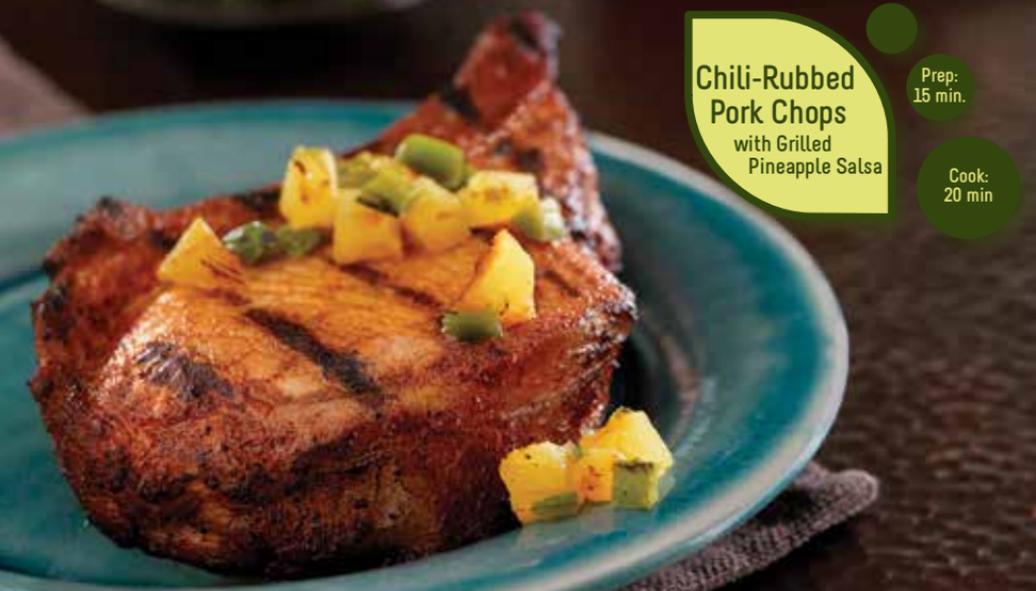
Pork pairs well with a wide variety of flavors and food groups, especially fruits and vegetables. This collection of nutritious recipes features an array of good-for-you foods that are heart-healthy and delightfully delicious.



Chili-Rubbed Pork Chops with Grilled Pineapple Salsa

Prep: 15 min.

Cook: 20 min



Five-Spice Pork & Apple Salad

Prep: 10 min.

Cook: 20 min



Game Day Pork & Chile Wraps

Prep: 10 min.

Cook: 20 min



One-Skillet Pork with Wild Rice & Herbs

Prep: 10 min.

Cook: 20 min



Tex-Mex Stuffed Peppers

Prep: 5 min.

Cook: 25 min



1.02g 2.98g

Pork Tenderloin

0.86g 3.03g

Skinless Chicken Breast

1.77g 5.17g

New York chop (pork boneless top loin chop)

1.77g 5.27g

Ground Pork, 96% lean

1.64g 5.34g

New York roast (pork boneless top loin roast)

1.83g 6.20g

Loin center roast (pork bone-in center loin)

2.17g 7.10g

Ribeye Chop (pork bone-in rib chop)

2.44g 8.02g

Pork sirloin roast or chop (pork bone-in sirloin roast or chop)

2.58g 9.25g

Skinless Chicken Thigh

Saturated Fat

Total Fat

Based on 3-ounce cooked servings (roasted or broiled), visible fat and skin trimmed after cooking.

Reference: U.S. Department of Agriculture, Agriculture Research Sservice, 2012.

Lean: Less than 10g total fat, 4.5g saturated fat and 95mg cholesterol per serving.

Extra Lean: Less than 5g total fat, 2g saturated fat and 95mg cholesterol per serving.

Pork's Slim 7:
The Leanest
Cuts of Pork

Make Healthy
Eating Easy

- Choose lean cuts of pork with the word 'loin' in the name, such as pork tenderloin and loin chop.
- Use pre-cut fruits and vegetables for easy stir-fries and quick snacks.
- Use spice rubs or low-fat marinades (such as juice or fat-free dressing) to add extra flavor to meat, without adding fat.
- Try low-fat cooking methods like broiling, grilling and roasting.
- Research has shown that a diet rich in lean protein helps dieters feel full, which may lead to eating fewer excess calories.
- For more ideas on how to include lean pork in a balanced diet, log onto PorkBeInspired.com.



Chili-Rubbed Pork Chops with Grilled Pineapple Salsa

Ingredients:

4 pork ribeye chops, bone-in
¾-inch thick, trimmed
1 Tbs. chili powder
1½ Tbs. light brown sugar,
packed
¾ tsp. garlic powder
¾ tsp. onion powder
½ tsp. salt

Pineapple Salsa*

3 slices fresh or canned
pineapple
1 jalapeno pepper, halved
lengthwise, seeds removed
1 Tbs. lime juice
Salt, to taste

Cooking Directions: In a bowl, combine chili powder, brown sugar, garlic powder, onion powder, and salt. Rub on both sides of pork.

Prepare a grill to medium-high heat, lightly oil the grate. Grill pork until internal temperature reaches 145° F, 4-5 minutes per side. Grill pineapple (if using fresh) and jalapeno until lightly charred, 2-3 minutes per side. Remove chops from grill and let rest 3 minutes.

Meanwhile, dice pineapple and finely dice jalapeno. In a bowl, combine pineapple, jalapeno, and lime juice. Season to taste with salt. *Serves 4.*

*Or substitute any store-purchased fruit salsa.

Suggestions: Side dishes of grilled bell peppers or zucchini. This recipe also works using bone-in center rib chops or boneless chops. Try adding chopped onion or cilantro to the salsa.

Nutrition: Calories: 180, Protein: 20g, Fat: 6g, Sodium: 470mg, Cholesterol: 50mg, Saturated Fat: 2g, Carbohydrates: 10g, Fiber: 1g.

Five-Spice Pork and Apple Salad

Ingredients:

1 lb. pork tenderloin, lean
2 tsp. Chinese 5-spice,
divided*
½ tsp. salt and pepper
1 Fuji apple, OR other sweet-
tart apple
¼ red onion
3 Tbs. seasoned rice vinegar
2 Tbs. canola oil, OR other
neutral-flavored oil
12 cups mixed salad greens,
(about 6 oz.)

Cooking Directions: Preheat oven to 425° F. Season tenderloin on all sides with 1½ tsp. Chinese 5-spice, salt, and pepper. Place tenderloin in shallow pan and roast 20 minutes, or until internal temperature reaches 145° F. Remove pork from oven, let rest 3 minutes.

While pork is cooking, core and thinly slice apple. Thinly slice onion. **While pork is resting,** in a large bowl, whisk together vinegar, oil, and remaining ½ tsp. Chinese 5-spice. Add salad greens, apple, and onion and toss. Season with salt and pepper to taste if desired. Arrange salad on plates or a platter. Cut pork into thin slices. Arrange on top of salads and serve. *Serves 4*

*Note: Chinese 5-spice powder is a spice blend available in either the spice section or the Asian or ethnic food section of most major supermarkets.

Suggestion: Serve with whole wheat rolls.

Nutrition: Calories: 220, Protein: 25g, Fat: 10g, Sodium: 360mg, Cholesterol: 75mg, Saturated Fat: 1.5g, Carbohydrates: 9g, Fiber: 2g.

Game Day Pork and Chile Wraps

Ingredients:

12 oz. New York chops,
¾-inch thick
1 Tbs. olive oil
Salt and black pepper
4 8-inch Tortillas, 98% fat free
¼ avocado, pitted, peeled,
thinly sliced
½ cup red onion, thinly sliced
1 4-oz. can diced green chiles
4 cups mixed salad greens,
(about 2 oz.)

Cooking Directions: In skillet over medium-high heat, warm oil. Sprinkle pork chops with salt and pepper, cook 3-4 mins. per side until browned and internal temp. reaches 145° F, Place chops on a plate, let rest 5 minutes.

Cut chops into ¼-in. slices. Microwave tortillas on high until slightly warm and softened, 30 sec. Place tortillas on workspace and top with pork, avocado, onion, chiles and salad greens stopping 2 inches from one edge. Working one tortilla at a time, fold one side of tortilla up and over fillings. Tuck fillings in tightly, then fold in the 2-in. edge. Continue rolling tortilla toward the other side, securing with toothpick if necessary. Repeat with remaining tortillas and serve. *Serves 4*

Suggestion: Enjoy as part of a game day buffet.

Nutrition: Calories: 290, Protein: 23g, Fat: 10g, Sodium: 310mg, Cholesterol: 60mg, Saturated Fat: 1g, Carbohydrates: 26g, Fiber: 4g.

One-Skillet Pork with Wild Rice and Herbs

Ingredients:

1 lb. pork tenderloin, lean, cut
into bite-sized pieces
1 8-oz. package sliced white
mushrooms, OR brown mush-
rooms
1½ cups chicken broth,
reduced-sodium
1 cup uncooked white and
wild rice blend*
1 Tbs. Italian herbs, herbs de
Provence OR other dried herb
blend
1½ cups frozen mixed veg-
etables, thawed
Salt and black pepper

Cooking Directions: In a skillet or sauté pan with a tight-fitting lid over high heat, combine pork, mushrooms, broth, rice, and herbs. Bring to a boil, reduce to a simmer, cover, and cook 15 minutes.

Stir in mixed vegetables and continue to cook until liquid has absorbed, rice is tender, and pork is cooked through, about 5 minutes. Season with salt and pepper to taste and serve. *Serves 4*

*Note: To make sure they'll be done at the same time, use an already-combined mixture of white and wild rice. Look for a blend that has a cooking time of about 20 minutes.

Suggestion: Serve with a mixed green salad tossed with a simple vinaigrette.

Nutrition: Calories: 350, Protein: 32g, Fat: 3g, Sodium: 330mg, Cholesterol: 75mg, Saturated Fat: 1g, Carbohydrates: 45g, Fiber: 3g.

Tex-Mex Stuffed Peppers

Ingredients:

12 oz. 96% lean ground pork
½ cup water
6 Tbs. couscous
4 large bell peppers, red,
orange, or yellow
¾ cup salsa, plus more for
serving (optional)
1 cup frozen corn, thawed
2 tsp. chili powder
Salt and black pepper
¼ cup shredded reduced-fat
Cheddar cheese, Monterey
jack, or Mexican blend cheese

Cooking Directions: Preheat oven to 500° F. In a saucepan over medium-high heat, bring water to a boil. Stir in couscous, cover, remove from heat, and set aside at least 5 minutes. Meanwhile, in a skillet over medium-high heat, cook pork, stirring occasionally and breaking it up, until no longer pink, 4 minutes. Also while couscous is softening, remove tops from peppers and scrape out seeds. Set aside.

In a bowl, combine couscous, pork, salsa, corn, and chili powder. Season with salt and pepper to taste. Fill peppers with pork mixture. Arrange peppers in a shallow baking pan, bake 10 minutes.

Sprinkle cheese on top and continue baking until peppers are tender and stuffing is heated through, about 5 minutes.

Serve peppers with additional salsa on the side if you like. *Serves 4*

Nutrition: Calories: 280, Protein: 26g, Fat: 6g, Sodium: 470mg, Cholesterol: 55mg, Saturated Fat: 2g, Carbohydrates: 55g, Fiber: 5g.