

To Your Health!

Lean & Delicious
Pork Recipes

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The Other
White Meat



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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.



Yucatecan Chopped Pork Salad



Knife and Fork Pork Stackers



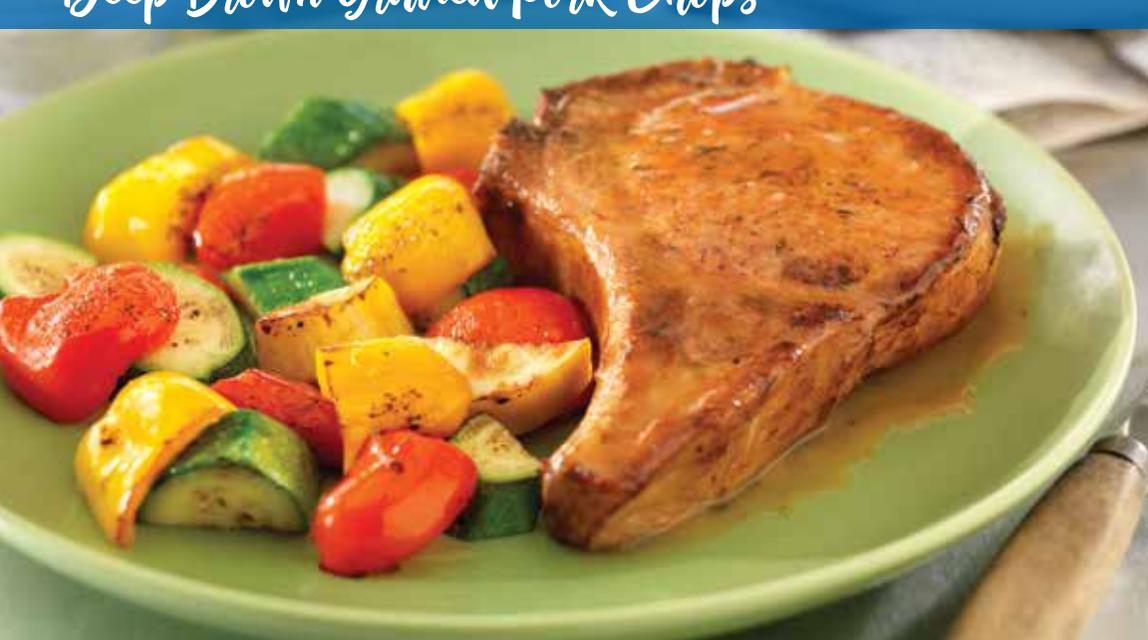
Ginger Pork Bibb Lettuce Cups



Grilled Tenderloin with Fresh Pear-Radish Relish



Deep Brown Gravid Pork Chops





Eight cuts of pork are just as lean as a skinless chicken breast!

Based on 3-oz. cooked servings (roasted or broiled), visible fat and skin trimmed after cooking. **Reference:** U.S. Department of Agriculture, Agriculture Research Service, 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.



Make Healthy Eating Easy!



- ✓ Choose lean cuts of pork with the word “loin” in the name, such as pork tenderloin and loin roast.
- ✓ 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 pork.org/cooking.

Yucatecan Chopped Pork Salad Serves 4; 2½ cups per serving

Salad:

1 pound pork tenderloin, cut into ½-inch slices
6 cups chopped Romaine lettuce
1 cup grape tomatoes, quartered, optional
1 medium poblano chili pepper, seeded and diced
½ cup diced red onion
⅓ cup chopped cilantro

Dressing:

1 ripe medium avocado, roughly mashed with a fork
¼ cup fat free sour cream
3 tablespoons lime juice
1 to 2 medium garlic cloves, minced
½ teaspoon coarsely ground black pepper
½ teaspoon salt

Coat a medium skillet with cooking spray and place over medium-high heat. Cook the pork tenderloin slices for 3-4 minutes on each side or until internal temperature on a meat thermometer reads 145° F, followed by a 3-minute rest time.

Meanwhile, stir together the dressing ingredients and set aside.

Combine the remaining salad ingredients in a large salad bowl. Add the pork and dressing and toss until well coated.

Makes 10 cups salad total, including 1 cup dressing.

Note: For a quicker dressing, stir together ½ cup fat free ranch-style dressing with the mashed avocado and lime juice instead of the dressing recipe above. For a thinner consistency, stir in 1 tablespoon water.

Nutrition: Calories: 260; Protein: 27g; Fat: 11g; Sodium: 370mg; Cholesterol: 75mg; Saturated Fat: 2.5g; Carbohydrates: 13g; Fiber: 6g.

Knife and Fork Pork Stackers Serves 4; 1 per serving

Sauce:

⅓ cup light sour cream
2 tablespoons water
1½ tablespoons coarse grain Dijon mustard
1 medium garlic clove, minced
⅛ teaspoon salt

Stackers:

12 ounces boneless New York (top loin) pork chops
¼ teaspoon black pepper
⅛ teaspoon salt
4 6-inch soft corn tortillas
4 cups shredded romaine lettuce
¼ cup chopped cilantro
½ of a 15-ounce can no-salt added black beans, rinsed and drained, optional
1 medium jalapeño, minced

Stir together in a small bowl the sauce ingredients and set aside.

Heat a grill pan (or grill) over medium-high heat. Coat both sides of the pork chops with cooking spray and sprinkle with black pepper and remaining ⅛ teaspoon salt. Cook the pork chops for 4 minutes on each side or until internal temperature on a meat thermometer reads 145° F, followed by a 3-minute rest time. Cut into ½-inch cubes.

Coat both sides of the tortillas with cooking spray and cook 30 seconds on each side or until just beginning to show grill marks.

To assemble, place a tortilla on each of 4 dinner plates, topping each with equal amounts of the following ingredients in the order listed: lettuce, cilantro, aioli, beans, pork and jalapeño.

Makes 4 tortilla stacks.

Nutrition: Calories: 220; Protein: 22g; Fat: 7g; Sodium: 380mg; Cholesterol: 60mg; Saturated Fat: 2.5g; Carbohydrates: 17g; Fiber: 3g.

Ginger Pork Bibb Lettuce Cups Serves 4 as an entrée; or 8 as an appetizer

Dressing:

3 tablespoons lime juice
3 tablespoons sugar or honey
1½ tablespoons light soy sauce
½ teaspoon cornstarch

Filling:

8 ounces lean ground pork
3 cups coleslaw mix (with carrots)
8-ounce can sliced water chestnuts, drained and diced
½ cup chopped cilantro
1 tablespoon grated ginger root
½ teaspoon salt
¼ teaspoon black pepper
16 Boston Bibb lettuce leaves

Whisk together the dressing ingredients in a small saucepan. Bring to a boil over medium-high heat and continue boiling 1 minute. Remove from heat and place in a small bowl to cool.

Meanwhile, coat a medium skillet with cooking spray and place over medium heat until hot. Cook the pork until no longer pink, stirring frequently breaking up larger pieces while cooking.

Combine the cooked pork, coleslaw mix, water chestnuts, cilantro, ginger, salt and black pepper in a medium bowl and toss until well blended. Spoon equal amounts in each of the lettuce leaves, (about ¼ cup per leaf). Spoon equal amounts (about 1½ teaspoons) of the dressing over each. May serve with knives and forks or pull up edges of leaves and enjoy as mini wraps.

Makes 16 total (16 leaves, about 5 cups pork mixture and ½ cup dressing total).

Note: For a double-quick dressing, use 1/2 cup light Asian sesame salad dressing in place of the dressing above.

Nutrition: Calories: 160; Protein: 13g; Fat: 5g; Sodium: 570mg; Cholesterol: 35mg; Saturated Fat: 2g; Carbohydrates: 17g; Fiber: 3g.

Grilled Tenderloin with Fresh Pear-Radish Relish Serves 4; 3 oz. cooked pork and ⅓ cup relish per serving

Base:

1 pound pork tenderloin
½ teaspoon coarsely ground black pepper
¼ teaspoon salt

Relish:

1 cup finely chopped firm green pear
¼ cup finely chopped radishes
¼ cup chopped fresh mint
1 teaspoon grated lemon zest
2 tablespoons lemon juice
2 teaspoons sugar, optional
1 teaspoon canola oil

Coat a grill pan (or grill) with cooking spray and heat over medium-high heat. Sprinkle the black pepper and salt evenly over the pork. Grill, uncovered, for 28-30 minutes or until internal temperature reaches 145° F, turning every 3-4 minutes.

Meanwhile, combine the relish ingredients.

Transfer pork tenderloin to cutting board. Loosely cover with foil; let rest for 5 minutes before thinly slicing. Serve with relish.

Makes 12 ounces cooked pork and 1⅓ cups relish total.

Note: It's important to finely chop the ingredients for peak flavors and texture.

Nutrition: Calories: 170; Protein: 24g; Fat: 5g; Sodium: 210mg; Cholesterol: 75mg; Saturated Fat: 1.5g; Carbohydrates: 8g; Fiber: 2g.

Deep Brown Gravyed Pork Chops Serves 4; 3 oz. cooked pork and 2 Tbsp. gravy per serving

3 tablespoons all-purpose flour
1 teaspoon smoked paprika
½ teaspoon dried thyme leaves
½ teaspoon garlic powder
4 5-ounce bone-in ribeye (rib) pork chops
1 tablespoon canola oil
14.5 ounce can reduced sodium chicken broth
¼ teaspoon salt
¼ teaspoon coarsely ground black pepper

Optional:

2 tablespoons finely chopped green onions or fresh parsley

Heat a large nonstick skillet over medium-high heat. Add the flour and cook 3 to 3½ minutes or until lightly browned and fragrant, stirring constantly. Remove from skillet and set aside on separate plate.

Combine the paprika, thyme and garlic powder in a small bowl and sprinkle evenly over both sides of the pork chops. Add oil in pan over medium high heat. Cook pork chops 4 minutes on each side or until the pork chops reach an internal temperature of 145° F. Set aside on separate plate.

Whisk together the flour and ½ cup of the broth until smooth. Stir into the pan residue. Gradually stir in the remaining broth, salt and pepper until smooth. Reduce the heat to medium and cook 10 minutes or until thickened slightly, stirring occasionally. Add the pork and any accumulated juices and cook 1 minute to heat through, turning several times to coat. Sprinkle with the green onion (optional).

Makes 4 pork chops and ½ cup gravy total.

Nutrition: Calories: 190; Protein: 22g; Fat: 8g; Sodium: 440mg; Cholesterol: 60mg; Saturated Fat: 8g; Carbohydrates: 5g; Fiber: 0g.