

# Make Mealtime Family Time

## Dear Parent,

Pork can be part of a delicious, well-balanced meal that the whole family will love. Lean cuts, like pork chops and tenderloin, are great choices because they are rich in nutrients and low in calories, cholesterol, and fat. Below you will find information on cooking pork safely as well as an easy-to-prepare, kid-friendly recipe. Invite your child into the kitchen and enjoy fun family time as you cook up a feast tonight!

## Cooking Pork Safely

The USDA and National Pork Board recommend cooking pork to a minimum internal temperature of 145°F, followed by a 3-minute rest. Ground pork should be cooked to a minimum internal temperature of 160°F. It is best to use a digital cooking thermometer to measure your pork's temperature, inserting it at the thickest part of the cut once you've reached your cooking time. This will ensure that your pork is safe, juicy, tender, and delicious! For tips on using a meat thermometer, visit [www.pork.org/blog/using-meat-thermometer](http://www.pork.org/blog/using-meat-thermometer).

## Healthy Recipe Tips

➔ Using a spice rub or juice-based marinade adds flavor to pork without adding fat.

➔ Roasting and broiling are the leanest cooking methods for pork.

## Cider-Glazed Pork Tenderloin

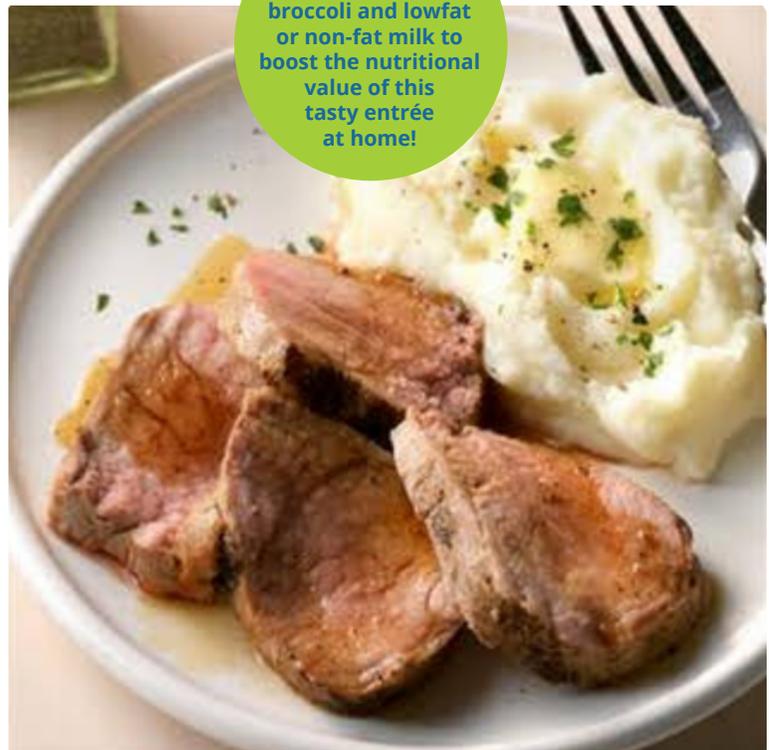
30 minutes prep/cook time; serves 4.

### Ingredients:

- 1 pork tenderloin (1 pound)
- 1/4 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 tablespoon olive oil
- 3/4 cup apple cider or juice
- 1/4 cup maple syrup
- 2 tablespoons cider vinegar

### Directions:

1. Preheat oven to 425°. Cut tenderloin in half to fit skillet; sprinkle with salt and 1/4 teaspoon pepper. In a large skillet, heat oil over medium-high heat; brown pork on all sides. Transfer to a 15x10x1-in. pan. Roast until a thermometer reads 145°, 12-15 minutes.
2. Meanwhile, in same skillet, bring cider, syrup, vinegar, and remaining pepper to a boil, stirring to loosen browned bits from pan. Cook, uncovered, until mixture is reduced to a glaze consistency, about 5 minutes.
3. Remove pork from oven; let stand 5 minutes before slicing. Serve with glaze.



Pair this dish with steamed broccoli and lowfat or non-fat milk to boost the nutritional value of this tasty entrée at home!

### Nutrition Facts

3 ounces cooked pork with 1 tablespoon glaze: 239 calories, 7g fat (2g saturated fat), 64mg cholesterol, 200mg sodium, 19g carbohydrate (17g sugars, 0 fiber), 23g protein.

For more information, please visit <https://www.pork.org/cooking/pork-temperature>.

For more tasty and nutritious pork recipes and tips, visit <https://www.yummly.com/page/pork>.

