

# Make Mealtime Family Time

## Tips for Parents & Caregivers

The 2015-2020 USDA Dietary Guidelines emphasize establishing healthier eating patterns as part of an overall health strategy for life. Making small changes that work for your family, like switching out fries for fruit when making a fast food run, or adding more veggies or fruits to your family's favorite meals, will help you incorporate the new guidelines into your family's food routines.

We also hope that you will consider including lean cuts of pork in your daily meals. Lean cuts, like pork chops and tenderloin, are great choices because they are nutrient rich. Below is a delicious, easy-to-prepare and kid-friendly pork recipe. Invite your child into the kitchen and enjoy fun family time together as you prepare it tonight!

Pair this recipe with a simple mixed-greens salad, grapes, and lowfat or non-fat milk to boost the nutritional value of this tasty entrée at home!

## Easy, Breezy Honey-Chipotle Pork Kabobs

15 minutes prep, 45 minutes cook. Serves 4.



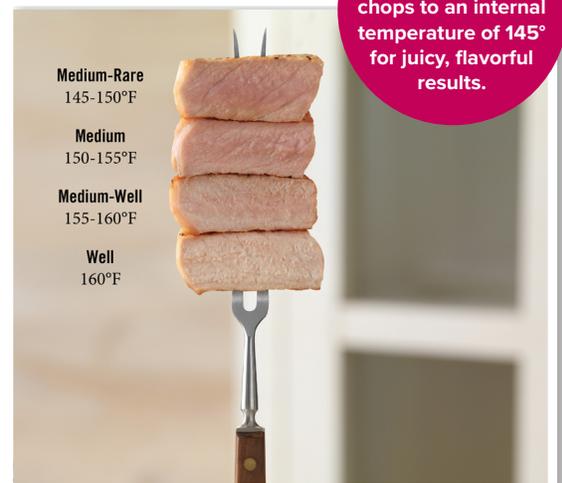
### Ingredients

- 1 lb. New York (top loin) pork chops, about 1" thick, cut into 1" cubes
- 1 orange-fleshed sweet potato (about 12 oz.), cut into 1" cubes
- 12 oz. small red or white potatoes, about 1" in diameter (or halved if 2" in diameter)
- Salt, to taste
- ½ cup barbecue sauce
- ½ cup honey
- 3 canned chipotle chiles in adobo sauce, minced, or more to taste
- 12 scallions, white and light green parts only, cut into 1" pieces
- ½ cup goat cheese, crumbled
- 1 Tb. fresh cilantro, chopped

### Instructions

1. Place all potatoes in a medium saucepan and cover with 1" cold water seasoned with salt. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are still firm, 3-5 minutes. Drain and set aside to cool slightly.
2. Combine barbecue sauce, honey, and chipotles in a small bowl. Divide mixture in half and set both batches aside.
3. Thread pork, potatoes, and scallions onto 8 12" skewers (pre-soaked in water if wood or bamboo). Cook 2½ to 3 minutes on each side on an oiled grill heated to medium-hot, brushing with one batch of sauce on each turn. Cook until all sides are browned, pork is cooked through, and the sauce is depleted, about 10 minutes. Transfer skewers to a platter and let rest 3 minutes.
4. Sprinkle skewers with cheese and cilantro. Serve hot with the remaining batch of sauce on the side.

Remember to cook your pork chops to an internal temperature of 145° for juicy, flavorful results.



For more tasty and nutritious pork recipes and tips, visit [pork.org/cooking](http://pork.org/cooking)

