

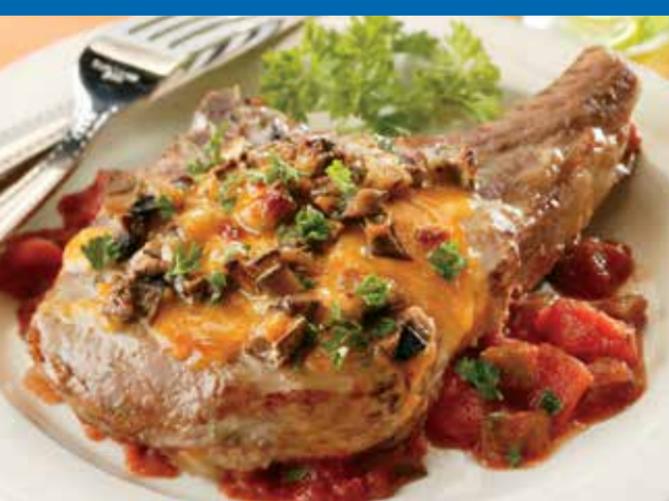


No Recipe Required

Delicious pork meals in minutes!



Portobello Pork Chops



- 4 bone-in ribeye (rib) pork chops, 3/4-inch thick
- 1 1/2 cups mild chunky salsa
- 1 cup chopped Portobello mushrooms
- 1 cup shredded cheddar cheese
- 2 Tbs. maple syrup
- 1/4 cup snipped fresh parsley

Bottom-of-the-Box Crushed-Cracker Pork



- 1 lb. pork tenderloin
- 1 egg, beaten
- 1 Tbs. steak sauce
- 1 tsp. garlic powder
- 1 cup finely crushed cheese crackers
- 2 Tbs. vegetable oil

Fiery Island Pineapple Pork Chops



- 4 New York (top loin) pork chops 1/2-inch thick
- 4 tsp. Jamaican Jerk seasoning
- 1/3 cup hot pepper jelly
- 2 Tbs. pineapple juice
- 1 tsp. minced fresh ginger
- 4 fresh or canned pineapple rings

Hawaiian Cobb Salad



- 1 lb. pre-marinated pork tenderloin (teriyaki recommended)
- 1 (10 oz.) bag European Salad Mix
- 2 cups cubed fresh pineapple & mango
- 1/2 cup chopped, toasted macadamia nuts
- 1/2 cup prepared raspberry walnut vinaigrette

Poppy Chops



- 8 New York (top loin) pork chops, 3/4 inch thick
- 2 eggs
- 1 (6 oz.) package cornbread stuffing mix
- 1/4 cup grated Asiago or Parmesan cheese
- 2 Tbs. poppy seeds
- 1/4 cup butter-flavor shortening

Apple-Pecan Tenderloin Medallions



- 1 lb. pork tenderloin
- 2 Tbs. butter
- 1 (16 oz.) can sliced apples, drained
- 1/4 cup packed brown sugar
- 1/2 cup chopped pecans

PORK CHECKOFF ©2013, 2017 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

#01134-06/17

Make Mealtime... Family Time

Here are time-saving tips to make the most of "No Recipe" cooking:

Keep cooking basics on hand. Broaden the range of basic ingredients you have on hand for variety in what you can cook at a moment's notice. Some examples include: varieties of canned beans, olives, pastas and bottled sauces, boil-in-bag rice, ethnic spice rubs, salsas and canned fruits such as pineapple, pears and peaches.

Keep it simple. A main dish doesn't have to be complicated to taste good or have gourmet flavor. Pull from the "pantry basics" and add your own twist for a unique and flavorful dish.

Shop smarter. Break bulk purchases into smaller, more usable portions once you get home to efficiently make use of your great buy. Estimate what you will use in the next few days and freeze the rest in small servings for later. This works well for bulk-pack pork chops or tenderloins.

Convenience is key. To minimize time and hassle and maximize flavor, use convenience products. Great one-step flavor boosters: canned tomatoes, Mexican-style corn, bottled dressings, prepared pesto, cream soup bases and pre-packaged pork rubs or seasonings.

Involve the whole family. Find age-appropriate tasks for kids such as mixing, measuring or setting the table. Encourage family interaction with tasks like grocery shopping or gathering ingredients.

Keep sharing! One cook's "no-brainer" stand-by can be another cook's culinary adventure. When you stumble upon a great new "No Recipe" concoction, pass it along to friends and family who might also enjoy it.

Portobello Pork Chops

Heat oven to 375° F. Trim fat from chops.

Spoon salsa into a 3-quart rectangular baking dish. Arrange chops on top of salsa. Combine Portobello mushrooms, cheddar cheese and maple syrup in a medium bowl.

Spoon over chops. Bake, uncovered, for 20-30 minutes until internal temperature on a thermometer reads 145° F. followed by a 3-minute rest time. Sprinkle with parsley. Serve chops with salsa mixture.

NUTRITION: Calories: 328, Protein: 31g, Fat: 16g, Sodium: 648mg, Cholesterol: 93mg, Saturated Fat: 8g, Carbohydrates: 14g, Fiber: 2g.

Yield: 4 servings | Prep time: 5 minutes | Cook time: 30 minutes

Take the top prize and win over your dinnertime crowd by serving up the grand-prize-winning recipe of the "No Recipe" recipe contest by Michael Holowis. Serve with a green salad and bread sticks.

Bottom-of-the-Box Crushed-Cracker Pork

Combine egg, steak sauce and garlic powder in a shallow dish. Place crushed crackers in another shallow dish.

Cut tenderloin crosswise into ½-inch-thick slices. Pound or flatten slices with the heel of your hand to ¼-inch thickness.

Dip each slice first into egg mixture, then cracker crumbs, turning to coat.

Heat one tablespoon of oil in a large nonstick skillet over medium heat until hot. Add half of pork slices and cook 4-5 minutes per side or until browned. Repeat with remaining oil and pork slices (or use 2 skillets at one time).

NUTRITION: Calories: 328, Protein: 27g, Fat: 19g, Sodium: 304mg, Cholesterol: 130mg, Saturated Fat: 5g, Carbohydrates: 12g, Fiber: 1g.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 15 minutes

Get the kids involved with this fun recipe from Heidi Morris, an honorable mention for the "No Recipe" recipe contest. A good finger food to serve with your favorite dipping sauce like ranch dressing or barbecue sauce. Or try Creamy Dijon Mustard Sauce or Mandarin Peach Sauce for a change of pace.

Fiery Island Pineapple Pork Chops

Coat chops with jerk seasoning; set aside for 5 minutes. Meanwhile, microwave jelly, pineapple juice and ginger on High for 30-60 seconds or until melted.

Grill pork over medium-high heat for 3-4 minutes per side, turning once until internal temperature on a thermometer reads 145° F., followed by a 3-minute rest time. Baste frequently with glaze. During last 3 minutes of grilling time, place pineapple rings on the grill. Baste with jelly mixture. Grill pineapple until heated through. Serve pork chops with pineapple.

NUTRITION: Calories: 245, Protein: 28g, Fat: 5g, Sodium: 523mg, Cholesterol: 72mg, Saturated Fat: 1g, Carbohydrates: 25g, Fiber: 1g.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 15 minutes | Marinate time: 5 minutes

Add tropical flair to the family dinner table with Fiery Island Pineapple Pork Chops. These chops from second-place winner Edwina Gadsby are sure to entice your family's appetite. Serve with grilled summer squash and Skewered French Potato Salad.

Hawaiian Cobb Salad

Grill pre-marinated pork tenderloin over medium-high heat for 20 minutes, turning once, until internal temperature reaches 145° F. Allow pork to set for 5 minutes, then slice into long thin strips. Place salad greens on 4 dinner plates. Top with pork slices, pineapple, mangos and macadamia nuts. Drizzle with vinaigrette.

*Note: This is a great recipe for leftover grilled pork.

NUTRITION: Calories: 428, Protein: 36g, Fat: 24g, Sodium: 171mg, Cholesterol: 106mg, Saturated Fat: 5g, Carbohydrates: 18g, Fiber: 4g.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 20 minutes

Quick and simple recipes will get you out of the kitchen and bring the family to the table. This festive third place winning Hawaiian Cobb Salad by Linda Rohr has big, bold flavor with little fuss.

Poppy Chops

Beat together eggs and water in a small bowl until foamy. Pour into a shallow bowl. Place stuffing mix in a self-sealing plastic bag; finely crush with a rolling pin. Stir in Asiago or Parmesan cheese and poppy seeds. Transfer to a second shallow bowl.

Trim fat from chops. Coat chops with crushed mixture. Dip into egg mixture and coat with crushed mixture again.

Heat half of the shortening in a large skillet over medium-high heat until it sizzles. Reduce heat to medium. Add 4 of the chops; cook for 4 minutes. Turn chops and cook about 4-5 minutes more or until internal temperature on a thermometer reads 145° F, reducing heat as necessary to prevent overbrowning. Transfer chops to a serving platter; cover to keep warm. Repeat with remaining shortening and chops. Allow chops to rest for 3 minutes before serving.

NUTRITION: Calories: 295, Protein: 26g, Fat: 15g, Sodium: 342mg, Cholesterol: 66mg, Saturated Fat: 4g, Carbohydrates: 17g, Fiber: 3g.

Yield: 8 servings | Prep time: 10 minutes | Cook time: 15 minutes

Make guests think you slaved over these breaded chops. Gerry Holcomb's "No Recipe" recipe contest honorable mention winner uses a package of cornbread stuffing mix as a shortcut to great taste. Serve with steamed broccoli and roasted potato wedges.

Apple-Pecan Tenderloin Medallions

Trim fat from pork. Cut pork into ½-inch-thick slices.

Melt butter in a large skillet over medium-high heat until it sizzles. Reduce heat to medium. Arrange pork slices in skillet. Cook for 2 minutes; turn slices. Spoon apples over pork.

Sprinkle with brown sugar and pecans. Cover and cook for 4-6 minutes more until internal temperature on a thermometer reads 145° F., followed by a 3-minute rest time.

NUTRITION: Calories: 498, Protein: 26g, Fat: 23g, Sodium: 129mg, Cholesterol: 93mg, Saturated Fat: 6g, Carbohydrates: 46g, Fiber: 4g.

Yield: 4 servings | Prep time: 10 minutes | Cook time: 10 minutes

This quick dinner from Ann Council is perfect for a fall week night. Serve with steamed green beans and a crusty bread.