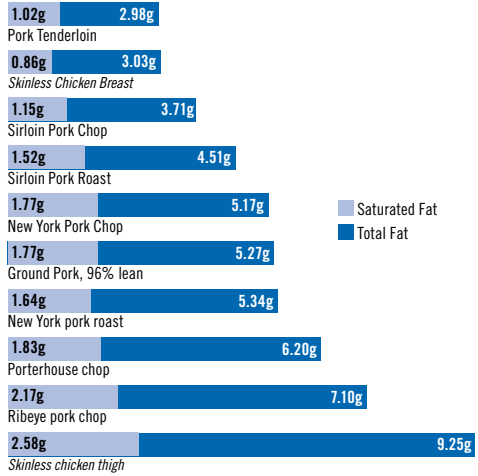


Research reveals pork tenderloin is just as lean as the leanest type of chicken, a skinless chicken breast.



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

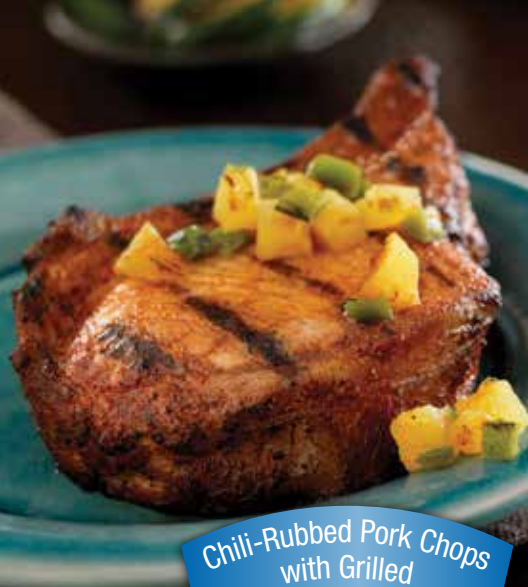
Reference: U.S. Department of Agriculture, Agriculture Research Service, 2015.

**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.



- 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 flavor without adding fat.
- Try low-fat cooking methods like broiling, grilling or roasting.
- Research has shown that a diet rich in lean protein helps dieters feel full, which may lead to eating fewer excess calories.



Chili-Rubbed Pork Chops with Grilled Pineapple Salsa

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

**Pineapple Salsa\***

- 3 slices pineapple, cut crosswise about ½-inch thick, trimmed OR 3 slices canned pineapple, drained
- 1 jalapeño chile, halved lengthwise, seeds and veins removed
- 1 Tbsp. lime juice
- salt, to taste

In a shallow bowl, combine chili powder, brown sugar, garlic powder, onion powder, and salt. Sprinkle both sides of pork with spice mixture.

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

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

\*Or substitute any store-purchased fruit salsa.

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



Spicy Cranberry Pork Tenderloin

- 2 pork tenderloins, about 1 lb. each
- 2 limes
- Kosher salt and fresh-ground black pepper
- 1 tsp. vegetable oil
- One 12-oz bag fresh cranberries
- ⅔ cup light brown sugar, packed
- 1 jalapeño, seeded and finely chopped

Preheat oven to 400°F. Grate zest from limes. Juice limes (about 4 Tbsp.). In a small bowl, mix half lime zest (about 2 Tbsp.) with 1 tsp. salt and ½ tsp. pepper. Brush tenderloins with oil.

Place tenderloins in a nonstick roasting pan, fat side up. Roast, flipping them over after 8 min. Add lime zest mixture to the top, and continue roasting until a digital meat thermometer reads 145°F, 20-35 min.

Meanwhile, in a medium saucepan, mix 1 cup water with cranberries, brown sugar, jalapeño and remaining lime zest and juice. Bring to a boil over medium heat. Reduce heat to medium-low and simmer, stirring occasionally, until berries have burst and juices thickened, about 5 min. Set aside.

Transfer pork to a carving board and let stand for 3-5 min. Meanwhile, in the roasting pan, bring cranberry sauce to a boil over medium heat, scraping up any browned bits in the pan with a wooden spoon. Carve pork and serve with sauce. Serves 6-8.

**Nutrition per serving:** Calories: 250, Protein: 27g, Fat: 3g, Sodium: 350mg, Cholesterol: 85mg, Saturated Fat: 1g, Carbohydrates: 28g, Fiber: 2g.



The Skinny on Pork

Cook up delicious lean pork with these great recipes!



## Cooking Lean Pork

Less fat doesn't need to mean less flavor. When cooking lean pork, remember not to overcook. For best results, use an instant-read thermometer. Pork should be cooked to an internal temperature of 145°F, with a 3 min. rest time.

Marinate your pork for at least 30 min. before cooking to infuse with more flavor. The general guideline is about ½ cup of marinade for every pound of pork.

Chops (¾-inch thick)	Sauté or grill for 8-9 minutes.
Thick Chop (1½-inches thick)	Sauté or grill for 12-16 minutes.
Loin Roast	Roast in 350°F oven/grill over indirect heat for 20 min. per pound (until 145°F on meat thermometer). Allow roast to rest 10 min. before carving.
Tenderloin	Roast at 425°F for 20-27 min. Grill for 20 min.
Ground Pork Patties	Cook until 160°F on an instant-read thermometer.

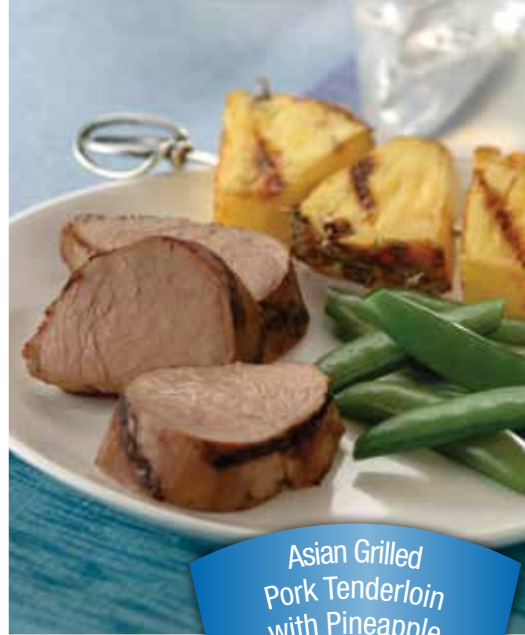
For more, visit [pork.org/cooking](http://pork.org/cooking)

## Nutrient Composition

Pork packs nutrients in every lean serving. A 3-oz. portion of pork tenderloin, for example, is an “excellent” source of protein, thiamine, vitamin B6, phosphorus and niacin, and a “good” source of potassium, riboflavin and zinc, yet contributes only 6% of calories to a 2,000-calorie diet. Fresh pork is naturally low in sodium.

## Keeping Pork Meals Lean

- Trim any visible fat before cooking.
- Practice portion control: 3 ounces is about the size of a deck of cards.
- Use low-fat preparation techniques: broil, grill, roast on a rack or stir-fry in minimal fat.
- Marinate lean pork cuts for extra flavor.
- Use nonfat, low-sodium herbs and spices to season instead of high-fat sauces.



## Asian Grilled Pork Tenderloin with Pineapple

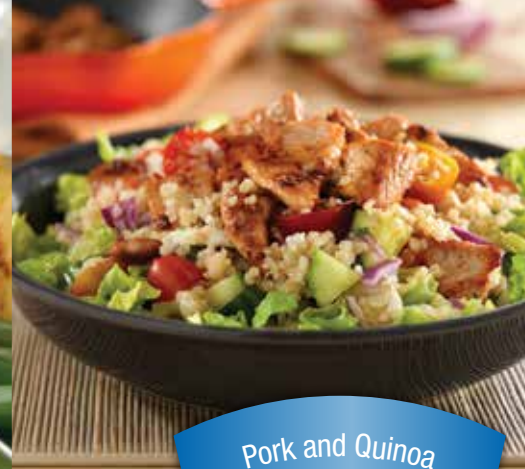
- 2 pork tenderloins (12-16 oz. each)
- 1 6-oz. can pineapple juice (¾ cup)
- 3 Tbsp. low-sodium soy sauce
- 2 Tbsp. minced fresh garlic
- 2 Tbsp. minced fresh gingerroot
- 1½ tsp. coarse salt (kosher)
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. ground black pepper
- 2 cups peeled and cubed fresh pineapple (1-inch pieces)
- 6-8 wooden or metal skewers

Place pork tenderloins in a resealable plastic bag; set aside. In a small bowl, combine marinade ingredients; pour over pork. Seal bag; refrigerate for at least 1 hour to marinate, or up to 24 hours to enhance flavor.

Preheat grill to medium-hot. When ready to grill, remove pork from marinade (discarding marinade) and place on grill. Cook, covered, for about 10 min. per side or until the internal temperature is 145°F. Remove from heat and let rest 3 min. before slicing. Meanwhile, place the pineapple chunks on the skewers; place on grill during the last 6 min. of grilling time, turning after 3 min.

Slice pork into ½-inch thick slices (medallions) and serve with grilled pineapple. Serves 6-8.

**Nutrition per serving:** Calories: 180, Total fat: 4g, Saturated fat: 2g, Cholesterol: 77mg, Sodium: 577mg, Carbohydrates: 9g, Protein: 26g, Fiber: 1g



## Pork and Quinoa Salad

- 12 oz. boneless pork chops, thinly-cut (¼-inch thick), cut into 1-inch cubes
- 1 cup quinoa
- 3 cups water
- 1 tsp. olive oil
- 1 tsp. paprika
- 2 cloves garlic, chopped
- 1 head romaine lettuce, cut into ½-inch strips
- ½ cup queso fresco, OR feta cheese
- ¼ cup red onion, thinly sliced
- 1 lime, zested and juiced
- 1 cup cherry tomatoes, halved
- ½ cucumber, cut into bite-sized pieces
- salt and black pepper to taste

Combine the quinoa and water in a pot and bring to a boil. Once boiling, reduce to medium heat and let the quinoa cook until all the water is evaporated.

In a large skillet heat the olive oil over medium high heat. Add pork and sprinkle with paprika, salt and pepper. Sauté, stirring frequently, until browned and cooked to 145°F, about 4-5 min. Add the garlic 1 min. before it's done. Remove the skillet from the heat and set aside.

On a large platter, arrange the lettuce. In a large bowl combine the cooked quinoa, queso fresco, red onion, lime zest and juice, cherry tomatoes and English cucumber. Toss to combine. Season with salt and pepper. Arrange the quinoa over the lettuce, followed by the sautéed pork. Serves 4 as a main course, or 8 as a side salad.

**Nutrition per serving:** Calories: 360, Protein: 27g, Fat: 10g, Sodium: 550mg, Cholesterol: 80mg, Saturated Fat: 2g, Carbohydrates: 39g, Fiber: 2g.



## Honey-Chipotle Pork and Sweet Potato Kabobs

- 1 lb. New York pork chops, about 1 inch thick, cut into 1-inch cubes
- 1 orange-fleshed sweet potato (about 12 oz.), cut into 1-inch cubes
- 12 oz. small red or white potatoes, about 1 inch in diameter (or halved if 2 inches in diameter)
- Salt, to taste
- ½ cup barbecue sauce, purchased or homemade
- 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-inch pieces
- ½ cup crumbled goat cheese
- 1 Tbsp. chopped fresh cilantro
- 8 12-inch wood or bamboo skewers

Place sweet potatoes and red or white potatoes in a medium saucepan, cover with cold water by 1 inch, and season water with salt. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are cooked but still firm, 3-5 min. Drain and set aside to cool slightly.

Meanwhile, in a small bowl, combine barbecue sauce, honey and chipotles. Divide mixture in half and set both batches aside.

Thread pork, sweet potatoes, potatoes and scallions onto 8 12-inch skewers (pre-soaked in water if wood or bamboo). Prepare a grill to medium-hot heat and thoroughly oil the grate. Cook 2½-3 min. on each side, brushing with one batch of the sauce each time you turn, cooking until all 4 sides are charred, pork is cooked through, and the sauce is used up, about 10 min. Transfer skewers to a platter and set aside to rest 3 min.

Sprinkle skewers with cheese and cilantro. Serve hot with the remaining batch of sauce on the side. Yield: 4 servings.

**Nutrition per 2 skewers:** Calories: 530, Fat: 10g, Saturated Fat: 3.5g, Cholesterol: 80mg, Sodium: 560mg, Carbohydrates: 83g, Protein: 29g, Fiber: 6g.