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pork recipes  
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## LEMON TARRAGON PORK CHOPS

Chops are perfect for quick meals and casual dining. This simple lemon and tarragon rub creates a fresh flavor for a stand-alone dinner entrée.



## GRILLED BRATS WITH ONION RELISH

Flavorful brats grilled and topped with a savory onion relish are quick and easy for a school night or touchdown tailgate.



## PERFECT PULLED PORK

Using a slow cooker is a not-so-secret weeknight weapon—it requires minimal hands-on time so you can spend less time in the kitchen and more time with your family.



## TANGY GRILLED BACK RIBS

These tasty loin back ribs are perfectly glazed with a mouth-watering mixture of honey, soy sauce and French dressing—all staple ingredients that are probably already in your pantry.



## ITALIAN SAUSAGE WITH PASTA & HERBS

Serve this hearty comfort dish with grilled garlic bread or warm focaccia. It is delicious and easy-to-prepare and tastes just as good on day two—GO LEFTOVERS!



Fall is the busiest season for getting back to school, back to the field and back to the table as a family – but it's also one of the best seasons for food-focused family fun. Whether you're cooking up quick school night fare or a weekend feast for tailgating, there's a cut of pork for every menu.

As schedules kick into high gear, flavorful pork makes it easy to put a delicious meal on the table. It's tasty, versatile and simple to prepare. Favorites like pulled pork or ribs are savory choices when "low and slow" fits the bill, while pork chops, brats and other dinner sausages are quick and easy crowd pleasers.

For more information, including delicious recipes for the fall season, tips and videos for how to celebrate family with pork, visit [PorkBelInspired.com](http://PorkBelInspired.com).

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## LEMON TARRAGON PORK CHOPS

- 4 T-bone chops, ¾-inch thick
- 4 teaspoons olive oil

### Rub:

- 1 tablespoon dried tarragon leaves, crushed
- 1½ teaspoons fresh lemon zest (zest from 1 medium-large lemon)
- 1½ teaspoons garlic pepper blend
- 1½ teaspoons dried onion powder
- ¼ teaspoon kosher salt

*Dry rubs create a nice crust of flavor. Press the rub into the meat – even massaging it helps deepen the flavor.*

Preheat grill to medium high (400° F). Meanwhile, place pork on platter; drizzle with ½ teaspoon olive oil on each side. Brush to coat; set aside.

In small bowl, mix together tarragon, lemon zest, garlic pepper blend, onion powder and salt. Rub about 1½ teaspoons of mixture over side of pork chops.

Place pork chops on preheated grill. Close lid; cook for 4 minutes per side or until internal temperature reaches 145° F, followed by a 3-minute rest time.

Serve and garnish with slice of lemon, if desired.

*Prep: 5 minutes — Cook: 8-12 minutes — Serves 4*

## GRILLED BRATS WITH ONION RELISH

- 4 bratwurst, uncooked
- 2 slices bacon, cooked and crumbled
- 1 tablespoon olive oil
- 1 large onion, sliced
- 12 ounces beer
- 1 teaspoon firmly-packed brown sugar
- ¼ cup bread and butter pickles, chopped
- 1 teaspoon fresh thyme, chopped

*Save time by making the relish in advance and storing it in the refrigerator. It's easy to reheat in the microwave or on the grill, and then serve.*

In large deep skillet, heat olive oil over medium high heat and add onion. Sauté, stirring frequently, until very soft, about 8-10 minutes. Add beer and brown sugar and cook over medium-high heat until liquid evaporates, about 10 minutes, stirring occasionally.

Continue cooking until the onion turns a golden brown, stirring constantly. Stir in bacon, pickles and thyme. Season with salt and pepper.

Prepare a medium-hot fire in grill. Grill bratwurst directly over heat, turning until evenly browned, about 5-7 minutes and to an internal temperature of 160° F. Remove from grill and top with onion relish.

*Prep: 5 minutes — Cook: 20 minutes — Serves 4*

## PERFECT PULLED PORK

- 1 5-pound pork shoulder roast, boneless
  - 1½ teaspoons smoked paprika
  - 2 teaspoons black pepper
  - 1 teaspoon cayenne pepper
  - 1 teaspoon dried thyme
  - 1 teaspoon garlic powder
  - ½ teaspoon salt
  - 1 cup water
- soft sandwich buns

*This low-and-slow barbecue classic is even more hassle-free in the slow cooker! Customize it with your favorite sauce to achieve the perfect sandwich.*

Combine all the seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or HIGH for 4-5 hours or until pork is very tender.

Remove pork to a large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

*Prep: 10 minutes — Cook: 6 hours — Serves 16-20*

## TANGY GRILLED BACK RIBS

- 4 pounds loin back ribs
- 1 cup reduced-fat French dressing
- 2 tablespoons onion soup mix
- 2 tablespoons honey
- 1 tablespoon reduced-sodium soy sauce

*Ribs basted with sauces during the grilling process are called wet ribs. For best results, brush ribs generously during the last 30 minutes of cooking.*

Season ribs with salt and pepper. Grill ribs over indirect medium heat for 1½ - 2 hours until tender.

Combine dressing, soup mix, honey and soy sauce in a small bowl and mix well. Let stand 15 minutes or until needed.

Brush ribs with sauce during the last 15-30 minutes of cooking. Serve remaining sauce with ribs.

*Prep: 5 minutes — Cook: 1½ hours — Serves 4*

## ITALIAN SAUSAGE WITH PASTA & HERBS

- 1 pound Italian dinner sausage links
  - 1 tablespoon olive oil
  - 2 cups zucchini, cubed
  - ½ red bell pepper, diced
  - 8 ounces rotini pasta
  - 1 cup skim ricotta cheese
  - 2 tablespoons dried herbs (basil, sage, parsley)
- Freshly grated Parmesan cheese

*Sausage has the ability to blend well with a variety of ingredients. Try mix 'n' matching your family's favorite veggies and pastas to score big with your No. 1 fans.*

Cut sausage diagonally into 1-inch pieces and cook in a large skillet over medium heat, turning to cook and brown evenly, about 10 to 15 minutes or until internal temperature reaches 160° F. Set aside.

Heat olive oil in a large skillet and add zucchini and red pepper. Cook over medium heat until tender but still crisp, about 3-4 minutes.

Cook the pasta according to the directions on the package. Drain, reserving 1 cup cooking water. Add pasta to skillet and stir in ricotta. Add ½ cup pasta water and stir until creamy. Stir in sausage. Add more water if mixture is too dry. Sprinkle with fresh herbs and Parmesan cheese.

*Prep: 5 minutes — Cook: 12 minutes — Serves 4*