

Asian Grilled Pork Tenderloin with Pineapple



As Lean as Chicken

According to the USDA, pork tenderloin is as lean as skinless chicken. A 3-ounce serving of trimmed pork tenderloin has only 2.98 grams of total fat, compared to 3.03 grams of fat in the same-size serving of skinless chicken breast.

Ingredients

2 pork tenderloins (12-16 ounces each)

Marinade

1 6-oz can pineapple juice (¾ cup)
3 tablespoons low-sodium soy sauce
2 tablespoons minced fresh garlic
2 tablespoons minced fresh gingerroot
1½ teaspoons coarse salt (kosher)
1 teaspoon ground cumin
1 teaspoon chili powder
½ teaspoon ground black pepper
2 cups peeled and cubed fresh pineapple (1-inch pieces)
6-8 wooden or metal skewers

Cooking Directions | Serves 6 to 8

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 minutes per side or until the internal temperature is 145 degree F. Remove from heat and let rest 3 minutes before slicing. Meanwhile, place the pineapple chunks on the skewers; place on grill during the last 6 minutes of grilling time, turning after 3 minutes.

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

Nutrition Facts per serving:

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

Braised Pork Chops with Orange-Mustard Sauce



Packing a Nutrition Punch

Pork might be low in fat but it's not low in nutrients. A 3-ounce serving of pork tenderloin is an "excellent" source of protein, thiamin, vitamin B6, phosphorus and niacin, and a "good" source of riboflavin, potassium and zinc, yet contributes only 6% of the calories to a 2,000-calorie diet.

Ingredients

6 bone-in pork center loin chops, ¾-inch thick
⅛ teaspoon salt
⅛ teaspoon ground black pepper
1 tablespoon vegetable oil
2 teaspoons finely chopped fresh gingerroot
⅓ cup orange juice
3 tablespoons low-sodium soy sauce
2 tablespoons honey
1 tablespoon Dijon mustard
2 cloves garlic, minced

Cooking Directions | Serves 6

Season chops with salt and pepper. Heat oil in large skillet over medium-high heat. Brown chops, 3-4 minutes per side. In small bowl, stir together ginger root, orange juice, soy sauce, honey, mustard and garlic. Pour ginger mixture over chops. Simmer, covered, 8 minutes or until internal temperature on a thermometer reads 145 degrees Fahrenheit, followed by a 3-minute rest time. Place cooked chops on serving plate; spoon 1/2 of orange-mustard sauce over pork.

Garnish with orange slices and watercress. Pass remaining sauce.

Nutrition Facts per serving:

Calories: 210, Total fat: 9g, Saturated fat: 3g, Cholesterol: 55mg, Sodium: 460mg, Carbohydrates: 9g, Protein: 23g, Fiber: 0g

Moroccan Pork



Online Destination

For information on pork nutrition and healthy preparation tips, be sure to visit PorkBeInspired.com. You will find over 1,500 delicious pork recipes, guaranteed to be great for any occasion.

Ingredients

1½ pounds boneless pork loin roast, cut into 1-inch cubes
2 16- to 19-oz cans garbanzo beans, drained
1 16-oz can plum tomatoes, cut into 1-inch cubes, undrained
1 large yellow bell pepper, seeded, cut into 1-inch squares
½ cup chopped red onion
½ cup golden raisins
2 tablespoons tomato paste
2 tablespoons water
3 cloves garlic, minced
2 teaspoons instant chicken bouillon
1½ teaspoons ground cumin
2 tablespoons peanut butter
Hot cooked couscous

Cooking Directions | Serves 6

Place garbanzo beans, tomatoes, bell pepper, onion, raisins, tomato paste, water, garlic, chicken bouillon and cumin in a 5-quart slow cooker. Mix until well combined. Place pork cubes on top of bean mixture. Cover. Cook on low heat setting 6 to 7 hours, or until pork is tender. Stir in peanut butter. Serve over couscous, if desired.

Nutrition Facts per serving:

Calories: 404, Total fat: 10g, Saturated fat: 1g, Cholesterol: 57mg, Sodium: 507mg, Carbohydrates: 49g, Protein: 35g, Fiber: 11g

Grilled Indian Pork Kabobs with Sweet Onions and Red Bell Peppers



Spice It Up

The Indian spice paste in this recipe can be made several days in advance – just place it in a covered jar and refrigerate until ready to use. While perfect for this kabob recipe, it's a flavorful paste you can use on any cut of pork for a quick meal.

Ingredients

- 1 bone-in sirloin pork roast (about 4 pounds), boned and cut into 1½-inch cubes
- 2 large red bell peppers, seeded, deribbed and cut into 1-inch squares
- 2 large sweet onions, such as Walla Walla or Vidalia, cut into 1-inch chunks
- 12 12-inch metal or wooden skewers
- Vegetable oil cooking spray

Indian Spice Paste

- 4 large cloves garlic
- 2 tablespoons curry powder
- 1 tablespoon coarse salt (kosher)
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ¼ teaspoon cayenne
- ½ cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons water

Cooking Directions | Serves 8 to 10

To make Indian spice paste, place garlic in a food processor and process until minced. Add spices, lemon juice, oil and water. Process until thoroughly combined.

Place pork in a large self-sealing plastic bag. Pour paste over pork and mix pork with paste until pork is evenly coated. Seal bag and refrigerate for 2 to 4 hours.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium-high. Thread pork onto skewers, alternating with pieces of red pepper and onion.

Spray grill grate with vegetable oil spray. Grill kabobs directly over medium-hot fire, turning to brown evenly on all sides, for a total of 10 to 12 minutes. Transfer to warm platter or individual dinner plates and serve.

Nutrition Facts per serving:

Calories: 225, Total fat: 10g, Saturated fat: 2g, Cholesterol: 80mg, Sodium: 420mg, Carbohydrates: 8g, Protein: 27g, Fiber: 2g

Cooking Up *Lean* Pork

An updated analysis from the U.S. Department of Agriculture (USDA) reveals many of today's favorite pork options are among the leanest meats in the USDA database.

Research reveals pork tenderloin is just as lean as the leanest type of chicken, a skinless chicken breast. In fact, many cuts of pork from the loin (like pork chops and pork roast) are leaner than a skinless chicken thigh.

Seven common cuts of pork have, on average, 16% less total fat and 27% less saturated fat than 20 years ago. The following chart shows lean pork cuts with a total and saturated fat content compared to a skinless chicken breast and a chicken thigh.

Meat Cut	Total Fat	Saturated Fat
Pork tenderloin	2.98g	1.02g
Skinless chicken breast	3.03g	0.86g
Pork boneless top loin chop	5.17g	1.77g
Ground pork	5.27g	1.77g
Pork boneless top loin roast	5.34g	1.64g
Pork bone-in center loin chop	6.20g	1.83g
Pork bone-in rib chop	7.10g	2.17g
Pork bone-in sirloin roast	8.02g	2.44g
Skinless chicken thigh	9.25g	2.58g

Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking. Reference: U.S. Department of Agriculture, Agriculture Research Service, 2011.

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 minute rest time.
- Marinate your pork for at least 30 minutes before cooking to infuse with more flavor. The general guideline is about a half cup of marinade for every one pound of pork.

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

For cooking advice and recipes, visit PorkBeInspired.com.

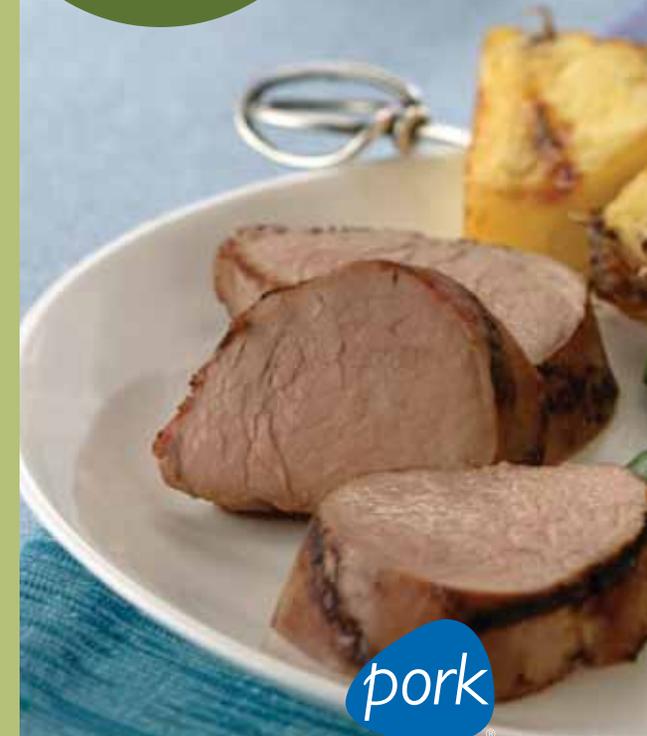


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The *Skinny* on Pork

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Lean Pork!

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