

CARIBBEAN PORK ROAST

Serves 8



COOK'S TIP: Pork tenderloin is a very lean meat; take care not to dry and toughen it by overcooking.

Serving size =
4½ ounces

Per serving:

Calories: 380

Fat: 13g

Sat fat: 3g

Chol: 108mg

Carb: 21g

Protein: 39g

Sodium: 203mg

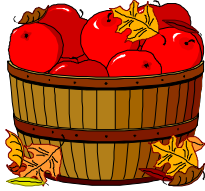
Fiber: <1g

- 2 tablespoons olive oil
- 2 tablespoons margarine
- 2 large onions, halved & slivered
- 1 boneless pork loin (about 3½ pounds)
- 3 cloves garlic, peeled & slivered
- 1 piece fresh ginger, peeled & slivered
- ¼ teaspoon ground cloves
- ½ teaspoon ground cinnamon
- ½ teaspoon black pepper
- ¼ cup honey
- ¼ cup plus 1 tablespoon dark brown sugar
- 1 cup defatted chicken broth
- ¼ cup apple cider vinegar
- ¼ cup dark Jamaican rum (or 2
tablespoons rum extract)

Preheat oven to 350°F. Heat oil and margarine in large skillet over medium heat. Add onions; cook, stirring, until wilted, about 15 minutes. Place onions in the bottom of a shallow roasting pan. Cut a few deep slits in the pork loin with the tip of a sharp knife; insert the garlic and ginger slivers. Mix the cloves, cinnamon, and pepper together and rub on pork. Place the pork loin on top of the onions. Drizzle the top of pork with honey, then sprinkle with brown sugar. Combine the chicken broth, vinegar, and rum. Pour this over the onions in the bottom of the pan. Roast the pork until cooked through (150°F to 160°F on a meat thermometer), about 1½ hours or 20 minutes per pound, basting frequently and moving the onions around in the liquid. Remove pork to a carving board, cover loosely with aluminum foil, and let rest for 15 minutes. Heat the onions and sauce in a saucepan over low heat. To serve, thinly slice the pork and arrange on a platter. Top with the onion sauce.

APPLE-GLAZED PORK

Serves 6



- 1 (2-pound) boneless pork loin roast
- ¼ cup apple jelly, melted
- 2 tablespoons Dijon mustard
- ½ teaspoon garlic powder

- 1 Preheat oven to 325°F.
- 2 Trim fat from the roast.
- 3 Place the roast on a broiler pan coated with nonstick cooking spray.
- 4 Combine melted apple jelly, Dijon mustard, and garlic powder; brush over the roast.
- 5 Insert meat thermometer into the thickest portion of the roast.
- 6 Bake at 325°F for 1 hour and 55 minutes or until the meat thermometer registers 160°F, basting roast frequently with the apple jelly mixture.
- 7 Let the roast stand for 10 minutes before slicing.

Serving size =
4 ounces

Per serving:

Calories: 233

Fat: 6g

Sat fat: 2g

Chol: 96mg

Carb: 9g

Protein: 34g

Sodium: 138mg

Fiber: 0g

Pork Nutrition Chart

	<u>Cals</u>	<u>Fat</u> (gm)	<u>Sat Fat</u> (gm)
Tenderloin	139	4	1
Boneless Sirloin Chop	164	6	2
Boneless Loin Roast	165	6	2
Boneless Top Loin Chop	173	7	2
Loin Chop	172	7	3
Rib Chop	186	8	3
Boneless Rib Roast	182	9	3
Sirloin Roast	184	9	3

(Serving size = 3 ounces baked, trimmed portion)

DIJON PORK CHOPS

Serves 4

6 tablespoons plain OR Italian flavored bread crumbs
2 tablespoons grated Parmesan cheese
2 tablespoons fresh chopped parsley or 2 teaspoons dried
1/8 teaspoon white pepper, or to taste
4 (5-ounce) lean center-cut loin pork chops (about 1/2-inch thick)
1 tablespoon plus 1 teaspoon Dijon-style mustard

- ① Preheat broiler. In a shallow mixing bowl, combine bread crumbs, Parmesan cheese, parsley & pepper; mix well and set aside.
- ② Trim fat from pork chop. Spread both sides of each pork chop with mustard.
- ③ Press each pork chop into bread crumb mixture, coating both sides and using all of mixture.
- ④ Spray rack in broiling pan with nonstick cooking spray; arrange chops on rack and broil 5 to 6 inches from heat source, turning once, until thoroughly cooked and slightly browned, about 5 to 6 minutes on each side.

Serving size =
1 pork chop

Per serving:

Calories: 287

Fat: 12g

Sat fat: 4g

Chol: 91mg

Carb: 8g

Protein: 34g

Sodium: 254mg

Fiber: <1g

Low-Fat Preparation: Start with the leanest pork cuts, those having "leg" or "loin" in their name. Calories, fat and cholesterol can be further reduced by trimming all external fat from these cuts before cooking. Keep lean pork lean by using low-fat cooking methods that let fat drip away or require a minimum of added fat such as broiling, grilling, roasting, microwaving, stir-frying and panbroiling.

SPICY PORK CHOPS

Serves 4

Garnish with chopped red bell pepper, chopped zucchini, and corn kernels, if desired.

Serving size =
1 pork chop

Per serving:
Calories: 307
Fat: 13g
Sat fat: 5g
Chol: 119mg
Carb: 8g
Protein: 37g
Sodium: 211mg
Fiber: <1g

4 (6-ounce) lean center-cut loin pork chops
(½-inch thick)
⅓ cup Herb Seasoning*
Chopped red bell pepper, chopped
zucchini, corn kernels (garnish)

- ❶ Preheat oven to 450°F. Trim fat from pork chops. Lightly coat both sides of chops with nonstick cooking spray.
- ❷ Sprinkle ⅓ cup Herb Seasoning evenly over both sides of chops.
- ❸ Place chops on a cookie sheet coated with nonstick cooking spray.
- ❹ Lightly coat chops with nonstick cooking spray, again to seal coating.
- ❺ Bake at 450°F for 15 minutes.

***Herb Seasoning:**

1 cup cornflake crumbs
2 teaspoons dried rosemary, crushed
2 tablespoons paprika
2 teaspoons garlic powder
2 tablespoons sugar
½ teaspoon salt
2 teaspoons dried whole oregano
½ teaspoon white pepper
2 teaspoons dried whole thyme
½ teaspoon ground red pepper

- ❶ Combine all ingredients in a large zip-top heavy-duty plastic bag; seal bag, and shake well.
- ❷ Store tightly sealed; shake well before each use.
- ❸ Use as a coating mix for pork, chicken, turkey or lamb.

Yield: 1⅓ cups
Per 1 Tbsp. plus 1 tsp. seasoning:
Calories: 33 Carb: 8g Fat: 0g
Protein: <1g Sodium: 130mg

BANGKOK PORK

Serves 4

Nutri-Tip: There is a difference between low-sodium and lite soy sauce. Lite has 200mg of sodium per teaspoon, while low-sodium brands have 130 mg per teaspoon. One teaspoon of regular soy sauce contains about 343mg of sodium.

Serving size =
1 pork chop

Per serving:

Calories: 321

Fat: 13g

Sat fat: 5g

Chol: 119mg

Carb: 10g

Protein: 37g

Sodium: 245mg

Fiber: <1g

4 (6-ounce) lean center-cut loin pork chops (½-inch thick)
1 tablespoon low-sodium soy sauce
⅓ cup Thai Seasoning*

- 1 Preheat oven to 450°F. Trim fat from pork chops and brush pork with soy sauce.
- 2 Place ⅓ cup Thai Seasoning in a large zip-top heavy-duty plastic bag.
- 3 Add chops; seal bag, and shake to coat.
- 4 Place chops on a baking sheet coated with nonstick cooking spray.
- 5 Bake at 450°F for 15 minutes.

****Thai Seasoning:***

18 low-sodium sesame Melba toasts
1 tablespoon garlic powder
1 tablespoon ground ginger
1 teaspoon sugar
½ teaspoon ground red pepper

- 1 Place Melba toasts in food processor, and process until finely crushed.
- 2 Combine crushed Melba toasts and remaining ingredients in a zip-top heavy-duty plastic bag; seal bag, and shake well.
- 3 Store tightly sealed; shake well before each use.
- 4 Use as a coating mix for pork, chicken or turkey.

Seasoning yields 1 cup.

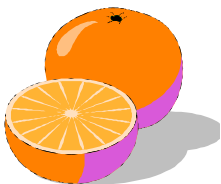
Serving size = 1 tablespoon + 1 teaspoon.

Seasoning:

Cals: 44 Carb: 9g Fat: 0g
Protein: 1g Sodium: 14mg

ORANGE GLAZED BEEF KABOBS

Serves 6



Serving size =
1 kabob

Per serving:

Calories: 299

Fat: 8g

Sat fat: 3g

Chol: 65mg

Carb: 30g

Protein: 28g

Sodium: 87mg

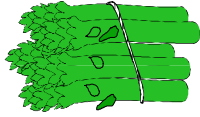
Fiber: 3g

- 1 tablespoon coarsely ground black pepper
- 1½ pound New York strip steak, trimmed of visible fat and cut into 1-inch cubes
- 3 large Vidalia onions, quartered
- 2 green bell peppers, seeded and cut into 1-inch pieces
- ⅓ cup orange marmalade
- 1 tablespoon cider vinegar
- ½ teaspoon grated, peeled fresh ginger

- ❶ Prepare a fire in a charcoal grill or preheat broiler or gas grill. Away from the fire, coat the grill rack with nonstick cooking spray.
 - ❷ Put the ground pepper in a shallow bowl and press the beef chunks into the pepper so that it covers the meat evenly.
 - ❸ Alternately thread the beef, onions and pepper pieces onto 6 skewers.
 - ❹ In a small bowl, stir together the marmalade, cider vinegar and ginger.
 - ❺ Brush the meat cubes on one side with the marmalade mixture.
 - ❻ Place the skewers on the grill or broiler rack, brushed side up, and cook, turning once or twice and brushing with more marmalade mixture, about 8 minutes total cooking time.
 - ❼ To serve, pull the beef, onion and peppers from the skewers and place on individual plates.
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BEEF, ASPARAGUS & PASTA STIR-FRY

Serves 4



TIP: When buying asparagus, look for thin spears-which have the best flavor-with firm, closed, compact tips. The bases of the stalks should have a moist, fresh-cut look to them.

Serving size =
1 cup

Per serving:

Calories: 284

Fat: 5g

Sat fat: 1g

Chol: 48mg

Carb: 34g

Protein: 25g

Sodium: 279mg

Fiber: 4g

4 ounces (1 cup) bow tie pasta, uncooked
1 teaspoon canola oil, divided in half
1 teaspoon fresh ginger, minced
1 clove garlic, minced
¾ cup carrots, thinly sliced
½ pound fresh asparagus, cut in 1-inch pieces
½ medium red bell pepper, cut in strips
8 ounces (½ pound) leftover cooked lean beef, cut in thin strips
1 cup low-sodium beef broth
2 teaspoons soy sauce
1 tablespoon cornstarch
1¼ cups chopped green onions
½ teaspoon salt-free lemon pepper seasoning

- ❶ Cook and drain pasta according to package directions; set aside.
- ❷ In a large nonstick skillet, heat ½ teaspoon oil until hot.
- ❸ Stir-fry ginger, garlic and carrots for one minute.
- ❹ Add asparagus and red pepper.
- ❺ Stir-fry until tender-crisp, about 3 minutes.
- ❻ Remove vegetables from skillet.
- ❼ Add remaining oil to skillet with beef and stir-fry until heated.
- ❽ Combine broth, soy sauce and cornstarch; add to skillet, stirring until thickened.
- ❾ Add pasta, vegetables and green onions to skillet.
- ❿ Cook, stirring, until heated through. Sprinkle with lemon pepper seasoning.

MARINATED FLANK STEAK

Serves 6

Serving size =
3 ounces

Per serving:

Calories: 176

Fat: 8g

Sat fat: 3g

Chol: 65mg

Carb: 0g

Protein: 24g

Sodium: 58mg

Fiber: 0g

- 1 (1½-pound) lean flank steak
- 1 cup nonalcoholic dry red wine
- 3 tablespoons red wine vinegar
- 2 tablespoons coarse-grained mustard
- 4 cloves garlic, coarsely chopped

- ❶ Trim fat from steak.
 - ❷ Combine wine, vinegar, mustard and garlic in a zip-lock plastic bag.
 - ❸ Add steak; seal bag, and shake until steak is well coated.
 - ❹ Marinate steak in refrigerator 8 hours, turning bag occasionally.
 - ❺ Grill or broil to desired doneness.
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BEEF TERIYAKI

Serves 6

Serving size =
3 ounces

Per serving:

Calories: 138

Fat: 4g

Sat fat: 1g

Chol: 60mg

Carb: 1g

Protein: 24g

Sodium: 332mg

Fiber: 0g

- 1 (1½-pound) lean boneless sirloin steak
- ¼ cup water
- ¼ cup low-sodium soy sauce
- 2 tablespoons molasses
- ½ teaspoon ground ginger
- 2 cloves garlic, minced

- ❶ Partially freeze steak; trim fat from steak.
 - ❷ Slice steak diagonally across grain into ¼-inch strips.
 - ❸ Combine water, soy sauce, molasses, ginger and garlic in a shallow dish; add steak to soy sauce mixture.
 - ❹ Cover and marinate in refrigerator at least 1 hour.
 - ❺ Grill or broil to desired doneness.
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MEXICAN PASTA

Serves 6



This one-dish meal is a colorful, easy dish the whole family will love! It also makes great leftovers.

Delicious with cornbread!

Serving size =
1 cup

Per serving:

Calories: 399

Fat: 8g

Sat fat: 4g

Chol: 77mg

Carb: 52g

Protein: 30g

Sodium: 413mg

Fiber: 7g

- 8 ounces egg noodles, uncooked
- $\frac{3}{4}$ pound super-lean ground beef ,
ground turkey breast, or
diced cooked chicken breast
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 medium red or green bell pepper, diced
- 1 (14.5-ounce) can diced tomatoes with green chilies
- 1 (8-ounce) can tomato sauce
- $\frac{3}{4}$ cup frozen corn, thawed
- 1 (15.5-ounce) can black beans, drained & rinsed
- 1 teaspoon chili powder
- 1 cup (4 ounces) shredded reduced-fat Monterey Jack cheese

- ❶ Cook noodles according to package directions without adding salt or fat; set aside.
 - ❷ In a large skillet, sauté ground beef, onion, garlic and bell pepper 8-10 minutes, or until beef is cooked.
 - ❸ Add tomatoes with green chilies, tomato sauce, corn, black beans and chili powder to skillet.
 - ❹ Cook until peppers are tender-crisp.
 - ❺ Remove from heat.
 - ❻ Stir in egg noodles.
 - ❼ Sprinkle cheese over top and let melt; serve.
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STUFFED PEPPERS

Serves 6



Serving size =
1 stuffed pepper

Per serving:

Calories: 195

Fat: 4g

Sat fat: 2g

Chol: 45mg

Carb: 20g

Protein: 20g

Sodium: 410mg

Fiber: 3g

6 large green bell peppers
1 pound super-lean ground beef
1 cup cooked white rice
1 small onion, chopped
1-2 cloves garlic, minced
1 (12-ounce) can tomato sauce
Black pepper (to taste)

- ❶ Cut off tops of green peppers and remove seeds & membrane; set aside.
- ❷ In medium bowl, mix together raw ground beef, cooked rice, chopped onion, black pepper, and garlic.
- ❸ Stuff each pepper with beef mixture dividing up evenly.
- ❹ Place peppers in a 3-quart casserole microwave-safe dish.
- ❺ Pour tomato sauce over stuffed peppers.
- ❻ Cover dish tightly with plastic wrap and microwave on HIGH for 28-32 minutes.
- ❼ Let stand, covered 5-10 minutes before serving.

Green vs. Red: When it comes to vitamins A and C, red beats green on both scores. Red peppers contain about nine times more vitamin A and beta-carotene and twice as much vitamin C as green ones.