



**Bring Home a Great American Value with Pork
Recipes**

Heartland Honey-Mustard Pork Medallions

*Recipe courtesy of pork producers The Greg Kaffenbarger Family,
on behalf of the National Pork Board*

Comfort Country-Style Ribs

*Recipe courtesy of pork producers The Henry Moore Family,
on behalf of the National Pork Board*

American Pride Pork Chop

*Recipe courtesy of pork producers The Loren Keppy Family,
on behalf of the National Pork Board*

Southwestern Green Chile Pork Roast

Recipe courtesy of the National Pork Board

Heartland Honey-Mustard Pork Medallions

Use a fresh lemon for the marinade and cut the rest of the lemon into slices. Garnish the medallions with the lemon slices and squeeze just before eating.

1 pound pork tenderloin
2 tablespoons honey
2 tablespoons country-style Dijon mustard
2 tablespoons olive oil, divided
1 teaspoon lemon juice
1 cup cornflake or dried bread crumbs
Lemon slices

Slice tenderloin crosswise into 8 pieces. Flatten slightly.

Combine the honey, mustard, a tablespoon of olive oil, lemon juice, 1/4 teaspoon of salt and 1/4 teaspoon coarsely cracked pepper in a resealable food storage bag. Add the pork medallions and turn to coat. Let stand 30 minutes.

Remove the pork from the marinade and dip both sides into the cornflake crumbs to coat.

Heat the remaining oil in a large nonstick skillet over medium-high heat. Add pork and cook for about 3 minutes on each side until internal temperature reaches 155 degrees F. on a meat thermometer.

Garnish with lemon slices, if desired.

Serve with ranch potatoes, green beans and biscuits.

Makes 4 servings

Nutrition Information per Serving:

Calories: 320

Cholesterol: 75mg

Protein: 27g

Fat: 11g

Sodium: 360mg

Fiber: 1g

Saturated Fat: 2g

Carbohydrates: 28g

Southwestern Green Chile Pork Roast

Salsa Verde is made from tomatillos and compliments the shredded pork. Green taco sauce can also be used.

3 to 4 pound pork shoulder, trimmed of fat
2 tablespoons olive oil
1 cup onion, chopped
1 can (14.5 ounces) tomatoes, diced
2 cans (4 ounces) green chilies, diced
2 teaspoons ground cumin
Corn tortillas
Salsa Verde
Sliced avocados
Sour cream

Heat the oil in a large skillet over medium-high heat. Add pork and cook until browned on all sides, about 6 to 8 minutes, turning to brown each side.

Place pork in slow cooker and add onion, tomatoes, green chilies and cumin. Season to taste with salt and pepper.

Add 1 cup water. Cook on low for 6 to 8 hours, until tender
Remove pork and cool slightly. Shred meat with a fork discarding fat. Spoon some vegetables from the slow cooker over the pork.

Serve on corn tortillas and top with Salsa Verde, avocados and sour cream, if desired.

Makes 8 servings

Nutrition Information per Serving:

Calories: 430

Cholesterol: 115mg

Protein: 37g

Fat: 19g

Sodium: 530mg

Fiber: 2g

Saturated Fat: 6g

Carbohydrates: 23g

Comfort Country-Style Ribs

MacIntosh, Gala and Granny Smith apples are good cooking apples and will hold their shape after baking.

3 pounds country-style pork ribs
6 cups red cabbage, finely sliced (about 1 1/2 pounds)
1 medium onion, sliced
1 apple, peeled, cored and sliced
1/3 cup cider vinegar
2 tablespoons brown sugar
2 tablespoons olive oil

Heat the oven to 350 degrees F.

Place the cabbage, onion and apple in the bottom of a 4-quart casserole or Dutch oven. Season to taste with salt and pepper.

Heat a couple tablespoons of olive oil in a sauté pan over medium-high heat. Add pork ribs and cook until browned, about 6 to 8 minutes, turning to brown each side. Remove pork and place over cabbage. Pour off fat.

Combine vinegar and brown sugar in a small bowl. Add to pan, stirring to remove browned bits from bottom of pan. Pour over ribs and cabbage.

Cover and bake 1 1/2 to 2 hours or until the internal temperature reaches 155 degrees F., pork is tender and cabbage is cooked.

Serve with roasted potatoes.

Makes 8 servings

Nutrition Information per Serving:

Calories: 340

Cholesterol: 125mg

Protein: 37g

Fat: 13g

Sodium: 140mg

Fiber: 3g

Saturated Fat: 4g

Carbohydrates: 18g

American Pride Pork Chop

Insert the meat thermometer into the pork chops horizontally to get an accurate reading.

4 1-inch thick bone-in loin pork chops
2 teaspoons brown sugar
1 1/2 teaspoons coarse salt
1/2 teaspoon coarsely ground pepper
1/2 teaspoon ground allspice
1/4 teaspoon dried thyme leaves

Combine the brown sugar, salt, pepper, allspice and thyme leaves in a small bowl. Rub both sides of pork chops with herb mixture. Let stand 15 to 30 minutes. Discard any remaining herb mixture.

Prepare a medium-hot fire in grill. Pat pork chops dry while being careful not to remove the rub. Grill chops, over direct heat, turning once, to medium doneness or until the internal temperature reaches 155 degrees F., about 3 to 4 minutes per side.

Serve with baked potato or mashed potatoes and corn on the cob.

Makes 4 servings

Nutrition Information per Serving:

Calories: 160

Cholesterol: 55mg

Protein: 16g

Fat: 9g

Sodium: 770mg

Fiber: 0g

Saturated Fat: 3g

Carbohydrates: 3g