



## **National Eat Together Week Recipes**

**NEW!** Pork and Apple Cheddar Burgers

**NEW!** Grab-and-Go Pizza Muffins

**NEW!** Triple Play Pork: Cuban Glazed Pork Loin,  
Pork Tetrazzini and Southwestern-Style Pork Tortilla Soup

**NEW!** Crustless Basque Quiche

Peppered Pork Roast

Caribbean Pork and Mango Salad

America's Favorite Pork Chops

Ham & Cheese Muffins

Pepperoni Pizza with Peppers

Spicy Asian Ground Pork Burgers

Ham & Cheese Dippers

Ham & Cherry Roll-ups

*All recipes courtesy of the National Pork Board*



## **PORK AND APPLE CHEDDAR BURGERS**

Great grilling doesn't have to end with summer. Capture the taste of autumn on a bun with these moist pork burgers, flecked with bits of apple and crowned with a slice of cheddar.

1 pound lean ground pork  
¾ cup shredded apple  
¼ cup chopped green onion  
½ teaspoon dried thyme leaves  
½ teaspoon salt  
½ teaspoon freshly ground black pepper  
4 slices cheddar, about 1 ounce each  
4 onion-topped or regular hamburger buns, halved

Pre-heat a charcoal or gas grill.

Blend the apple, green onion, thyme, salt and pepper together in a medium bowl. Add the ground pork; gently mix until combined. Form into 4 patties, about ¾-inch thick.

Grill over medium hot coals or medium-high on a gas grill, covered for 5 minutes. Turn and grill, covered, an additional 4 to 6 minutes, until an instant-read thermometer registers the internal temperature at 160°F. Cover each burger with a slice of cheddar and serve on buns.

Makes 4 servings.

These burgers are equally tasty done in the broiler. Place them on a broiler pan and cook as directed above. To pan fry the burgers, cook over medium heat, turning several times, until well browned and 160°F, about 10-12 minutes total time.

### **Nutrition Information per Serving:**

Calories: 377  
Cholesterol: 112mg  
Protein: 31g

Fat: 16g  
Sodium: 744mg  
Fiber: 2g

Saturated Fat: 8g  
Carbohydrates: 26g



## **GRAB-AND-GO PIZZA MUFFINS**

These grab-and-go muffins make eating on the run a pleasure.

1 cup diced pepperoni, about 4 ounces  
1 package (8.5-ounce) corn muffin mix  
1/3 cup milk  
1 egg  
1/2 cup shredded mozzarella, about 2 ounces  
1/4 cup chopped sun-dried tomatoes (if packed in oil, drain well)

Preheat the oven to 400°F. Line a muffin pan with 8 paper liners.

Mix the corn muffin mix, milk and egg together until barely blended and lumpy. Gently fold in the pepperoni, mozzarella and tomatoes. Scoop into the prepared muffin pan, filling cups about 3/4 full.

Bake for 15 to 20 minutes, until golden brown and firm to the touch. Let cool slightly or serve at room temperature. These can be made in advance and refrigerated in a self-sealing plastic bag to prevent dryness. Reheat, wrapped loosely in a paper towel, in the microwave just until warm, about 20 seconds on high power.

Makes 8 muffins.

Tip: Change these muffins up by using about a cup of cooked, diced sausage or crumbled, cooked bacon instead. Use dried cherries or cranberries instead of the sun-dried tomatoes.

### **Nutrition Information per Serving (one muffin):**

Calories: 220  
Cholesterol: 50mg  
Protein: 9g

Fat: 10g  
Sodium: 640mg  
Fiber: 1g

Saturated Fat: 3.5g  
Carbohydrates: 23g

## TRIPLE PLAY PORK

Start with a boneless pork loin, roasted with a citrus-garlic-cumin topping. But, don't stop there. Make sure to roast extra, turning one cut into three meals.

### Cuban Glazed Pork Loin

1 (3 ¼ to 3 ½ pound) boneless pork loin roast  
1 lime  
2 tablespoons thawed frozen orange juice concentrate  
1 tablespoon minced garlic  
1 tablespoon olive oil  
1 ½ teaspoons ground cumin  
¾ teaspoon salt  
½ teaspoon freshly ground black pepper  
2 medium sweet potatoes, peeled and cut in chunks (optional)  
1 large red onion, cut in 1-inch wedges (optional)

Preheat the oven to 350°F. Arrange the pork roast in the center of a shallow roasting pan.

Grate the zest of the lime into a small bowl. Juice the lime and add 1 tablespoon to the bowl; reserve remaining juice for another use. Stir the remaining ingredients into the bowl. Spread the citrus mixture over the surface of the pork. Surround the pork with the sweet potatoes and onion if desired.

Roast 20 minutes per pound or about 65 to 70 minutes (22 minutes per pound if roast is rolled and tied) until the internal temperature on an instant read thermometer reaches 150°F. Remove from oven and let the roast rest for 10 minutes until the internal temperature reaches 160°F. Slice slightly over a third of the roast, surround with roasted vegetables if desired and serve.

Reserve the remaining roast, cut in cubes and refrigerate, covered, for two additional meals.

Makes 4 servings.

### Nutrition Information per Serving:

Calories: 160  
Cholesterol: 80mg  
Protein: 26g

Fat: 4g  
Sodium: 210mg  
Fiber: 0g

Saturated Fat: 1g  
Carbohydrates: 3g

**Pork Tetrazzini**—For a quick and easy version of this pasta classic, cook about 8 ounces of your favorite pasta in boiling salted water according to package directions. In the meantime, sauté a small onion, chopped, in a large skillet over medium-high heat with about a tablespoon of oil until beginning to soften. Add an 8-ounce package of sliced mushrooms and sauté until tender. Stir in about 1 ¼ cups jarred Alfredo sauce and bring the mixture to a simmer. Stir in half the reserved cubed pork roast, about 2 cups, and just heat through. Drain the cooked pasta and toss in the pork mixture. Sprinkle the dish generously with Parmesan and serve.

Makes 4 servings.

**Nutrition Information per Serving:**

Calories: 520  
Cholesterol: 95mg  
Protein: 30g

Fat: 20g  
Sodium: 650mg  
Fiber: 4g

Saturated Fat: 6g  
Carbohydrates: 53g

**Southwestern-style Pork Tortilla Soup**—Whip up a batch of Southwestern-style Pork Tortilla Soup in no time flat. Take a medium onion, chopped, and sauté it in a heavy-bottomed pot over medium heat with about a tablespoon of oil until softened. Stir in two large cloves of garlic, minced, and a teaspoon of ground cumin. Add a quart of chicken broth, a 15-ounce can of diced tomatoes and a small can of diced green chiles. Bring the mixture to a simmer, reduce the heat to low and cook for about 20 minutes. Stir in the remaining 2 cups of cubed pork loin and just heat through. Serve in bowls topped with crumbled tortilla chips and shredded cheese. Garnish with lime wedges and cilantro if desired.

Makes 4 servings.

**Nutrition Information per Serving:**

Calories: 280  
Cholesterol: 80mg  
Protein: 32g

Fat: 9g  
Sodium: 610mg  
Fiber: 2g

Saturated Fat: 2g  
Carbohydrates: 14g

## CRUSTLESS BASQUE QUICHE

With tons of taste but little fat, this light and luscious quiche is the perfect choice when losing a little weight is on your mind.

6 ounces chopped lean ham or Canadian bacon, about 1 ¼ cups  
3 tablespoons dry breadcrumbs  
1 teaspoon canola oil  
½ cup chopped green onions  
2 medium Roma tomatoes, juiced and chopped, about ¾ cup  
½ cup chopped roasted red bell pepper, from jar, patted dry  
1 tablespoon cornstarch  
¼ teaspoon salt  
1/8 teaspoon cayenne pepper  
1 cup non-fat half and half  
1 cup egg substitute  
1 cup shredded reduced fat mozzarella

Preheat the oven to 350°F. Spray a 9-inch glass pie pan with non-stick spray. Dust the bottom and sides of the pan with the breadcrumbs and set aside.

Heat the oil in a large non-stick skillet over medium heat. Add the onion; sauté 1 minute. Add the tomatoes and sauté until beginning to soften, about 3 to 4 minutes. Remove from the heat and stir in the ham and bell pepper. Spoon into the bottom of the prepared pan.

Place the cornstarch, salt and cayenne in a medium bowl; slowly whisk in the half and half to blend. Whisk in the egg substitute and pour the mixture into the pan. Top with the mozzarella.

Bake for 40 to 45 minutes until puffed and set. Let the quiche rest for 5 minutes before serving. Sprinkle chopped parsley on top, if desired. Cut in wedges and serve.

Makes 4 to 6 servings.

### Nutrition Information per Serving:

Calories: 200  
Cholesterol: 40mg  
Protein: 16g

Fat: 7g  
Sodium: 480mg  
Fiber: 1g

Saturated Fat: 3g  
Carbohydrates: 15g

## PEPPERED PORK ROAST

When looking for a quick and easy recipe, dry rubs are a convenient way to add flavor fast. A seasoned pepper rub on pork loin roasts packs a punch. Serve with mashed potatoes and buttered corn to complete the meal. Wrap and refrigerate leftovers for up to three days. Use leftovers with Caribbean Pork and Mango Salad.

4 pound pork loin roast (or 2 2-pound roasts)  
6 tablespoons pepper blend seasoning

Rub all surfaces of roast(s) with seasoned pepper.

Place pork in shallow roasting pan and roast in 350 degrees F. oven for 45 minutes to 1 hour and 15 minutes (about 20 minutes per pound), until internal temperature on a thermometer reads 150 degrees F.

Remove roast from oven; let rest until temperature reaches 160 degrees F, about 10 minutes.

Slice and serve.

Makes 4 servings.

Calories: 160  
Cholesterol: 60mg  
Protein: 22g

Fat: 6g  
Sodium: 50mg

Saturated Fat: 1g  
Carbohydrates: 2g

## CARIBBEAN PORK AND MANGO SALAD

Slice yesterday's leftover roast and toss with mixed greens, black beans, red onion, mango and fruit-flavored vinaigrette dressing. It's a delicious lunch, or for a dinner, pair it with cornbread muffins.

3/4 pound cooked Peppered Pork Roast, cut into 1/2-inch cubes  
6 cups mixed greens  
1 15-ounce can black beans, rinsed and drained  
1/4 red onion, halved and then thinly sliced  
2 ripe mangos, peeled and cubed (or 1 26-ounce jar of mango slices, drained)  
1/2 cup fruit-flavored vinaigrette dressing

In large bowl, gently toss all ingredients with dressing. Serve on shallow salad bowls or dinner plates.

\* If mangos are hard to find, use 2 8-ounce cans mandarin orange segments, drained

Makes 4 servings.

Calories: 330  
Cholesterol: 65mg  
Protein: 31g

Fat: 7g  
Sodium: 530mg

Saturated Fat: 2g  
Carbohydrates: 37g



## AMERICA'S FAVORITE PORK CHOPS

Toss the chops on the grill and enjoy with sliced tomatoes in vinaigrette, broccoli spears and garlic mashed potatoes.

4 pork chops, about 3/4-inch thick  
3/4 cup Italian dressing \*  
1 teaspoon Worcestershire sauce

Place all ingredients in a self-sealing bag; seal bag and place in refrigerator for at least 20 minutes (or as long as overnight).

Remove chops from bag, discarding marinade, and grill over a medium-hot fire, turning once, until just done, about 8 to 11 minutes total cooking time.

\* Or use a reduced-fat Italian dressing

Makes 4 servings.

Calories: 210  
Cholesterol: 60mg  
Protein: 25g

Fat: 11g  
Sodium: 140mg

Saturated Fat: 3g  
Carbohydrates: 1g



## HAM & CHEESE MUFFINS

Breakfast can be crunch time – everyone is in a rush to get to school or work. For a quick start that's friendly for families' on-the-go, prepare these super simple Ham and Cheese Muffins -- yummy buttermilk muffins that get a flavor boost from diced ham steak and Cheddar cheese.

Even better, they can be made in advance, frozen and defrosted individually for a quick breakfast days down the road!

8 ounces boneless ham steak, diced  
2 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 egg  
1 cup buttermilk  
1/4 cup vegetable oil  
1 1/2 cups grated Cheddar cheese

Heat oven to 400 degrees F. Lightly grease and flour 12 regular muffin tins.

In a large bowl stir together the flour, baking powder and salt; set aside.

Whisk together the egg, buttermilk and oil in a small bowl. Stir in the ham and cheese. Using a rubber spatula, stir the egg mixture into the dry ingredients just until combined. Do not overmix.

Spoon into each of the prepared muffin tins approximately 3/4 full. Bake until golden brown, about 20 minutes. Remove from muffin tin and let cool.

Makes 12 servings.

Calories: 230  
Cholesterol: 50mg  
Protein: 14g

Fat: 12g  
Sodium: 750mg  
Fiber: 0g

Saturated Fat: 4g  
Carbohydrates: 17g



**Don't be blah.®**

## **PEPPERONI PIZZA WITH PEPPERS**

Use NETW as inspiration to commit to an activity together that takes you beyond the table, too. First, start in the kitchen by preparing an easy meal that kids can help with, like Pepperoni Pizza with Peppers. Smaller hands can add the toppings after moms and dads chop 'em. Don't be afraid to try new toppings either, such as chopped bacon or even pulled pork. Serve pizza wedges with a lightly dressed tossed salad.

2 oz. thinly sliced pepperoni  
1 10-oz. refrigerated pizza crust  
Cornmeal  
1 teaspoon oil  
1 medium onion, thinly sliced  
1 green bell pepper, seeded and thinly sliced (or 1/2 each red and green bell peppers)  
1/2 cup pizza sauce  
1 cup (4 oz.) shredded cheese for pizza (blend of mozzarella, provolone, Parmesan and Romano)

Heat oven to 450 degrees F. Grease a pizza pan, sprinkle lightly with cornmeal and press crust into pan. Bake 6-8 minutes until lightly browned.

Meanwhile, heat oil in large nonstick skillet and sauté onion and pepper until soft.

Spread sauce over pizza crust; top with vegetables, pepperoni and cheese, spreading evenly.

Bake for 10-12 minutes more or until edge of crust is golden brown and cheese is lightly browned.

Makes 4 servings.

Calories: 410  
Cholesterol: 25mg  
Protein: 22g

Fat: 19g  
Sodium: 830mg  
Fiber: 2g

Saturated Fat: 9g  
Carbohydrates: 38g

## SPICY ASIAN GROUND PORK BURGERS

Asian flavors of crushed garlic, grated ginger root, soy sauce, garlic chili paste and some fresh minced mint make for flavorful patties. Grill and serve on sandwich buns for a tasty lunch or dinner.

1 pound ground pork  
1 garlic clove, crushed  
1 tablespoon grated fresh ginger root  
2 tablespoons soy sauce  
1-1/2 teaspoons garlic chili paste\*  
1 tablespoon minced fresh mint  
4 sandwich buns

Mix together all ingredients except buns; form into 4 patties.

Grill over medium-hot coals 10-12 minutes, turning once, about 5-6 minutes per side, until an instant read thermometer reads 160 degrees F. Serve on buns.

\*Available at Asian markets and some larger supermarkets.

Makes 4 servings.

Calories: 283  
Cholesterol: 58mg  
Protein: 26g

Fat: 9g  
Sodium: 865mg  
Fiber: 2g

Saturated Fat: 3g  
Carbohydrates: 23g

## Ham & Cheese Dippers

Ditch the PB&J and put a twist on one of America's #1 sandwiches – HAM! Send the family off to school or work with new variations of this perennial favorite in their lunchboxes.

1 slice deli ham  
2 slices white or whole wheat bread  
1 slice American cheese  
Dipping Sauce\*

Make sandwich with ham, cheese and bread; cut into bite-sized squares.

Thread them onto a toothpick and dipping the skewers into sauces\*:

- Honey -Mustard (stir together 1/4 cup mustard and 2 tablespoons honey)
- Barbecue (stir together 1/4 cup barbecue sauce and 1 tablespoon Italian dressing)
- Fruit (stir together 1/4 cup fruit jam and 1 tablespoon of minced fruit of choice).

Makes 1 serving.

Calories: 320  
Cholesterol: 60mg  
Protein: 24g

Fat: 12g  
Sodium: 1710mg  
Fiber: 4g

Saturated Fat: 3g  
Carbohydrates: 32g



## Ham & Cherry Roll-Ups

Ditch the bread on the traditional ham sandwich and make Ham & Cherry Roll-Ups for lunch instead. This unique flavor combination will have kids (and grown ups) cheering for more.

1 pound sliced deli ham (16-20 slices)  
1 package (8 oz) cream cheese, softened  
1/2 cup sliced green onions  
1/2 cup toasted chopped walnuts  
1/4 cup cherry preserves

In small bowl, stir together all ingredients except ham. Spread a rounded tablespoon of the cream cheese mixture on each ham slice. Roll up; cut each roll in half. Secure rolls with wooden picks. Refrigerate, covered, until serving time.

Makes 32-40 appetizers.

Calories: 60  
Cholesterol: 15mg  
Protein: 4g

Fat: 4g  
Sodium: 230mg

Saturated Fat: 2g  
Carbohydrates: 2g