

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