



# FARMERS FEEDING UTAH

## Pork

Pork is the meat from hogs, or domestic swine. Pork is considered a red meat. Although pork is the number one meat consumed in the world, U.S. consumption dropped during the 1970s, largely because pork's high fat content caused health-conscious Americans to choose leaner meats. Today's hogs have much less fat due to improved genetics, breeding and feeding. Much of a hog is cured and made into ham, bacon and sausage. Uncured meat is called "fresh pork."

### BEST COOKING PROCEDURES

When buying pork, look for cuts with a relatively small amount of fat over the outside and with meat that is firm and a grayish pink color. For the best flavor and tenderness, meat should have a small amount of marbling.

Pork must be adequately cooked to eliminate disease-causing parasites and bacteria that may be present. Fresh pork can be safely enjoyed when cooked to an internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures. Ground pork needs to be cooked to an internal temperature of 160 °F as measured with a food thermometer before removing from heat source.

### CLASSIC USES

- One Skillet Pork Chops
- Honey Maple Pork Chops
- Tangy Pork Chops
- Easy BBQ Pulled Pork
- Tex-Mex Stuffed Peppers
- Sausage Zucchini Casserole
- Ham & Bean Soup
- Chicken Cordon Bleu Casserole
- Cabbage, Bean & Sausage Soup
- Garlic Pork Roast
- Ham & Potato Soup
- Bacon Broccoli Salad



# Recipes

## Tex-Mex Stuffed Peppers

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 12 ounces lean ground pork 96% lean
- 1/2 cup water
- 6 tablespoons couscous
- 4 large bell peppers red, orange, or yellow, or a combination
- 3/4 cup salsa plus more for serving (optional)
- 1 cup frozen corn thawed
- 2 teaspoons chili powder
- Salt and black pepper
- 1/4 cup shredded reduced-fat Cheddar cheese Monterey jack, or Mexican blend cheese

### DIRECTIONS

- Preheat oven to 500 degrees F.
- In a small saucepan over medium-high heat, bring water to a boil. Stir in couscous, cover, remove from heat, and set aside for at least 5 minutes.
- Meanwhile, in a large skillet over medium-high heat, cook pork, stirring occasionally and breaking it up, until no longer pink, about 4 minutes. Use a colander to rinse fat from pork.
- Wash peppers; remove tops from peppers and scrape out seeds. Set aside.
- In a large bowl, combine couscous, pork, salsa, corn, and chili powder. Season with salt and pepper to taste.
- Fill peppers with pork mixture. Arrange peppers in a shallow baking pan and bake for 15-20 minutes. Sprinkle cheese on top and continue baking until peppers are tender and stuffing is heated through, about 5 minutes.
- Serve peppers with additional salsa on the side if you like.
- Serves 4

# Recipes

## Sausage Zucchini Casserole

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 16 ounces sausage, ground
- 3 zucchinis, small, diced
- 3 squash, small, yellow, diced
- 2-3 potatoes, medium, peeled and diced
- 1 onion, chopped
- 2 cups tomatoes (diced)
- 1 teaspoon Italian seasoning

### DIRECTIONS

- Wash fresh produce: onion, zucchini, yellow squash, potatoes, and tomatoes.
- Prep vegetables by chopping and dicing them up.
- Preheat oven to 350 degrees F.
- In a skillet, brown sausage and onion together. Use a colander to rinse fat from sausage.
- In a large 9X13 casserole dish, place sausage and onion. Add zucchini, yellow squash, potatoes, and tomatoes.
- Sprinkle the Italian seasoning all over vegetables and stir together.
- Bake at 350 degrees F for 45 minutes.
- Serves 8