



# 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

## Ham & Bean Soup

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 1 tablespoon oil
- 1 onion, diced
- 2 large carrots, peeled & sliced thin
- 1 cup celery, diced
- 4 cloves garlic, minced
- 2 cups cooked ham, shredded
- 6 cups chicken stock or broth
- 2 bay leaves
- 3 tablespoons fresh parsley, chopped (optional)
- 4 (15 ounce) cans white beans (cannellini beans, great northern, or baby lima) -- no salt added, rinsed and drained
- 1/2 teaspoon black pepper
- pinch of salt, if needed

### DIRECTIONS

In a large pot, heat oil over medium-high heat. Add onion, carrots, and celery. Cook until onions are softened about 5 minutes. Add and sauté the garlic about 1 minute. Add ham and cook for 2 more minutes, then pour in the broth or stock. Add the bay leaves and parsley. Bring to a boil, reduce heat and simmer for 5 minutes to combine the flavors. Stir in beans and season with pepper. Let simmer for 2 more minutes. Taste test and season with salt if needed. Remove bay leaf and serve.

\*This can be made with a ham bone and 3 cups dry beans. If using dried beans, rinse beans. Bring beans to boil and simmer for 15 minutes in 6-8 cups water. Remove from heat. Let beans sit over night. Drain and rinse beans in morning. Add broth/stock and ham bone. Bring to a boil and then turn down to simmer and place lid on pot. Cook until beans are soft about 2 ½ hours. Remove ham bone and remove any ham pieces from the bone. Add the ham back to the pot. Add onion, carrots, celery, garlic, bay leaf, and parsley and cook until vegetables are soft 15 minutes. Season with pepper and salt if needed. Remove bay leaf and serve.

# Recipes

## Broccoli Chicken Cordon Bleu Casserole

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 1 lb. whole wheat penne pasta
- 1 cup chicken breast, cooked and cubed
- 1 cup ham, cooked and cubed
- 2 cups low-fat milk
- 8 oz. low-fat cream cheese, softened
- 1 package frozen broccoli, 16 ounces
- ½ onion, diced
- 1 cup Swiss cheese, shredded
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon cayenne pepper
- 1 cup seasoned breadcrumbs
- ¼ cup melted butter

### DIRECTIONS

Bring a large pot of water to boil. Add a little bit of salt. Add the pasta and cook until al dente (about 12 minutes).

Drain pasta, pouring hot water from pasta over frozen broccoli in a colander. Place noodles and broccoli in a pan sprayed 9X13 casserole dish. Add cooked chicken and ham and toss to combine.

Preheat oven to 350 degrees F.

Bring water to boil in the bottom pan of a double boiler. In the top pan of the double boiler, combine the milk, cream cheese, and diced onion. Cook, stirring frequently, until it becomes a smooth texture or place in blender and blend until smooth. Place back in top pan of double boiler. Stir in Swiss cheese and season with salt, pepper, and cayenne pepper.

Transfer cheese sauce to 9X13 dish and stir over pasta, broccoli, chicken and ham until combined.

Mix breadcrumbs with melted butter. Sprinkle buttered breadcrumbs on top of the casserole.

Bake at 350 degrees F in oven until bubbly, about 15 minutes and then turn oven to broil to brown breadcrumbs. This will go quickly, about 4 minutes, so watch carefully.