



# 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

## One Skillet Pork Chops

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 6 (bone-in loin) pork chops (1/2- 3/4-inch thick) seasoned with salt and pepper
- 2 tablespoons corn oil or olive oil
- 4 cloves garlic minced
- 1 small white onion chopped
- 2 cups rice uncooked
- 4 tomatoes chopped
- 2 medium jalapeno chiles minced (or to taste)
- 3 cups chicken broth or water
- fresh cilantro chopped

### DIRECTIONS

Heat oil in a large skillet; add pork. Sear pork chops on both sides on medium-high heat just until brown, about 1 minute on each side. Remove from skillet and cover loosely with foil. Add garlic and onions to skillet. Cook and stir until tender, about 2 minutes, scraping up brown bits from bottom of skillet. Add rice, stirring constantly until rice just begins to brown, about 3 to 4 minutes. Add tomatoes, jalapeño chiles, and broth or water. Bring to boil then cover. Reduce heat to medium low and simmer 10 minutes. Place pork on top of rice; cover. Simmer 6-8 minutes, until internal temperature on a thermometer reads 145 degrees F. Let stand 5 minutes before serving. Sprinkle with chopped cilantro if desired. Serves 6. \*If using water only, additional salt and pepper may be needed.

# Recipes

## Honey Maple Pork Chops

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 2 pounds pork chops, boneless
- ½ teaspoons salt
- ¼ teaspoons black pepper
- 1 tablespoon vegetable oil
- ¼ cups honey
- 2 tablespoons Dijon mustard
- ½ tablespoons maple syrup
- ½ teaspoons ginger, fresh, peeled and minced
- ½ teaspoons cinnamon
- ¼ teaspoons cloves, ground
- ½ cup water, apple juice or chicken broth

### DIRECTIONS

Sprinkle pork chops with salt and pepper. Heat oil in skillet; add pork. Sear pork chops on both sides on medium high heat until browned on both sides. In a bowl, combine honey, Dijon mustard, maple syrup, ginger, cinnamon, cloves and water. Pour over pork chops. Cook until internal temperature on thermometer reads 145 degrees F. Let it stand 5 minutes before serving.

\*You can cook this recipe in your crockpot for 4 hours on low or 6 hours on high.