



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

Tangy Pork Chops

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 4 pork chops, ½ inch thick
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 2 onions, chopped
- 2 celery ribs, chopped
- 1 large green pepper, sliced
- 1 can (15 oz.) stewed tomatoes
- ½ cup ketchup
- 2 tablespoon cider vinegar
- 2 tablespoons brown sugar

DIRECTIONS

- Place pork chops in slow cooker and sprinkle with salt and pepper.
- Add onion, celery, green pepper, and tomatoes.
- Combine next six ingredients and pour over vegetables. Cover and cook on low for 4-6 hours.
- Mix cornstarch and water until smooth. Add to cooker and cook on high for 30 minutes until thickened.
- Serve over brown rice.

Recipes

Easy BBQ Pulled Pork

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 6 pork chops, boneless
- 1 (16 oz.) bottle of barbeque sauce

DIRECTIONS

- Place pork chops in slow cooker. Pour barbeque sauce evenly over the chops. Cook on low for 8 hours. Shred cooked meat with two forks to make pulled pork.
- Serve with a roll, coleslaw, side dish of fruit in season, and a glass of milk to make MyPlate complete.