

The *Skinny* on Pork

A white plate is filled with several slices of cooked lean pork, a few green beans, and a pineapple ring. The background is a light blue textured surface.

INSIDE
Cooking Up
Lean Pork!

6 NEW
RECIPES USING
LEAN PORK

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Cooking Up Lean Pork

An updated analysis from the U.S. Department of Agriculture (USDA) reveals many of today's favorite pork options are among the leanest meats in the USDA database.

New research reveals pork tenderloin is just as lean as the leanest type of chicken, a skinless chicken breast. In fact, many cuts of pork from the loin (like pork chops and pork roast) are leaner than a skinless chicken thigh.

Six common cuts of pork have, on average, 16 percent less total fat and 27 percent less saturated fat than 15 years ago. The following chart shows lean pork cuts with a total and saturated fat content compared to a skinless chicken breast and a chicken thigh.

Meat Cut	Total Fat	Saturated Fat
Pork tenderloin	2.98g	1.02g
Skinless chicken breast	3.03g	0.86g
Boneless top loin chop	5.17g	1.77g
Pork bone-in center loin chop	5.34g	1.64g
Pork boneless top loin roast	6.20g	1.83g
Pork bone-in rib chop	7.10g	2.17g
Pork bone-in sirloin roast	8.02g	2.44g
Skinless chicken thigh	9.25g	2.58g

Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.
Reference: U.S. Department of Agriculture, Agriculture Research Service, 2006.

Asian Grilled Pork Tenderloin with Pineapple

2 pork tenderloins (12-16 ounces each)

Marinade:

- 1 6-oz. can pineapple juice (¾ cup)
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons minced fresh garlic
- 2 tablespoons minced fresh gingerroot
- 1 teaspoon coarse salt (kosher)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon ground black pepper
- 2 cups peeled and cubed fresh pineapple (1-inch pieces)
- 6-8 wooden or metal skewers

Cooking Directions | Serves 6 to 8

Place pork tenderloins in a resealable plastic bag; set aside. In small bowl, combine marinade ingredients; pour over pork. Seal bag; refrigerate for at least 1 hour to marinate, or up to 24 hours to enhance flavor.

Preheat grill to medium-hot. When ready to grill, remove pork from marinade (discarding marinade) and place on grill. Cook, covered, for about 10 minutes per side or until the internal temperature of pork is 160 degrees F. Meanwhile, place the pineapple chunks on the skewers; place on grill during the last 6 minutes of grilling time, turning after 3 minutes.

Slice pork into ½-inch thick slices (medallions) and serve with grilled pineapple.

As Lean as Chicken

According to the USDA, pork tenderloin is as lean as skinless chicken. A 3-ounce serving of trimmed pork tenderloin has only 2.98 grams of total fat, compared to 3.03 grams of fat in the same-size serving of skinless chicken breast.



Nutrition Facts: Calories 180, Fat 4 grams, Saturated Fat 2 grams, Cholesterol 77 milligrams, Sodium 577 milligrams, Carbohydrates 9 grams, Protein 26 grams, Fiber 1 gram

Braised Pork Chops with Orange-Mustard Sauce

6 bone-in pork center loin chops, $\frac{3}{4}$ -inch thick
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon ground black pepper
1 tablespoon vegetable oil
2 teaspoons finely chopped fresh gingerroot
 $\frac{1}{3}$ cup orange juice
3 tablespoons low-sodium soy sauce
2 tablespoons honey
1 tablespoon Dijon mustard
2 cloves garlic, minced

Cooking Directions | Serves 6

Season chops with salt and pepper. Heat oil in large skillet over medium-high heat. Brown chops for 1 to 2 minutes per side. In small bowl, stir together ginger, orange juice, soy sauce, honey, mustard and garlic. Pour ginger mixture over chops. Reduce heat to low and simmer, covered, 8 to 10 minutes. Place cooked chops on serving plate; spoon about half of orange-mustard sauce over pork. Serve pork with remaining sauce.

Packing a Nutrition Punch

Pork might be low in fat but it's not low in nutrients. A 3-ounce serving of pork tenderloin is an "excellent" source of protein, thiamin, vitamin B6, phosphorus and niacin, and a "good" source of riboflavin, potassium and zinc, yet contributes only 6 percent of the calories to a 2,000-calorie diet.



Nutrition Facts: Calories 210, Fat 9 grams, Saturated Fat 3 grams, Cholesterol 55 milligrams, Sodium 460 milligrams, Carbohydrates 9 grams, Protein 23 grams, Fiber 0 grams

Moroccan Pork

- 1 ½ pounds boneless pork top loin roast, cut into 1-inch cubes
- 2 16- to 19-oz. cans garbanzo beans, drained
- 1 16-oz. can plum tomatoes, cut into 1-inch cubes
- 1 large yellow bell pepper, seeded, cut into 1-inch squares
- ½ cup chopped red onion
- ½ cup golden raisins
- 2 tablespoons tomato paste
- 2 tablespoons water
- 3 cloves garlic, minced
- 2 teaspoons instant chicken bouillon
- 1 ½ teaspoons ground cumin
- 2 tablespoons peanut butter
- Hot cooked couscous

Cooking Directions | Serves 6

Place garbanzo beans, tomatoes, bell pepper, onion, raisins, tomato paste, water, garlic, chicken bouillon and cumin in 5-quart slow cooker. Mix until well combined.

Place pork cubes on top of bean mixture. Cover. Cook on low heat setting 6 to 7 hours, or until pork is tender. Stir in peanut butter. Serve over couscous, if desired.

Online Destination

For information on pork nutrition and healthy preparation tips, be sure to visit TheOtherWhiteMeat.com. You will find over 1,500 delicious pork recipes, guaranteed to be great for any occasion.



Nutrition Facts: Calories 404, Fat 10 grams, Saturated Fat 1 gram, Cholesterol 57 milligrams, Sodium 507 milligrams, Carbohydrates 49 grams, Protein 35 grams, Fiber 11 grams

Pan-Seared Chops with Pear and Soy-Ginger Glaze

4 bone-in pork rib chops, about $\frac{3}{4}$ -inch thick
 $\frac{1}{2}$ cup flour
1 teaspoon dried thyme
1 teaspoon freshly ground black pepper
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ tablespoons olive oil

Pear and Soy Ginger Glaze:

$\frac{1}{3}$ cup, plus 2 tablespoons, pear nectar
 $\frac{1}{2}$ cup packed golden brown sugar
3 tablespoons low-sodium soy sauce
2 tablespoons unseasoned rice vinegar
1 tablespoon grated fresh gingerroot
 $\frac{1}{4}$ teaspoon cayenne
4 firm but ripe Anjou pears, peeled, halved lengthwise, cored and cut into $\frac{1}{2}$ -inch wedges
2 teaspoons cornstarch

Cooking Directions | Serves 4

To make glaze, bring $\frac{1}{3}$ cup pear nectar to simmer in large, nonstick skillet over medium-high heat. Add sugar, soy sauce, vinegar, gingerroot and cayenne. Stir until sugar is dissolved and sauce begins to simmer. Add pears and stir to coat. Cook, basting pears frequently, until pears are barely tender, about 4 minutes. Mix remaining 2 tablespoons of pear nectar with cornstarch and stir into pear mixture. Simmer until sauce thickens slightly. Transfer to bowl and set aside. Wipe out skillet.

Combine flour, thyme, pepper and salt on plate. Dredge chops in flour mixture, coating all sides and shaking off excess.

Using same pan, heat olive oil over medium-high heat and swirl to coat pan. Add pork chops and brown on each side, turning once, about 2 minutes per side. Turn heat to low and pour pear mixture over top, cover and cook until chops are cooked through and pears are tender, about 5 minutes. Serve immediately.



Nutrition Facts: Calories 441, Fat 10 grams, Saturated Fat 2 grams, Cholesterol 50 milligrams, Sodium 600 milligrams, Carbohydrates 73 grams, Protein 21 grams, Fiber 7 grams

Grilled Indian Pork Kabobs with Sweet Onions and Red Bell Peppers

- 1 bone-in sirloin pork roast (about 4 pounds), boned and cut into 1 ½-inch cubes
- 2 large red bell peppers, seeded, deribbed and cut into 1-inch squares
- 2 large sweet onions, such as Walla Walla or Vidalia, cut into 1-inch chunks
- 12 12-inch metal or wooden skewers
- Vegetable oil cooking spray

Indian Spice Paste:

- 4 large cloves garlic
- 2 tablespoons curry powder
- 1 tablespoon coarse salt (kosher)
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ¼ teaspoon cayenne
- ½ cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons water

Spice It Up

The Indian spice paste in this recipe can be made several days in advance – just place it in a covered jar and refrigerate until ready to use. While perfect for this kabob recipe, it's a flavorful paste you can use on any cut of pork for a quick meal.

Cooking Directions | Serves 8 to 10

To make Indian spice paste, place garlic in food processor and process until minced. Add spices, lemon juice, oil and water. Process until thoroughly combined.

Place pork in large self-sealing plastic bag. Pour paste over pork and mix pork with paste until pork is evenly coated. Seal bag and refrigerate for 2 to 4 hours.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium-high. Thread pork onto skewers, alternating with pieces of red pepper and onion.

Spray grill grate with vegetable oil spray. Grill kabobs directly over medium-hot fire, turning to brown evenly on all sides, for a total of 10 to 12 minutes. Transfer to warm platter or individual dinner plates and serve.



Nutrition Facts: Calories 225, Fat 10 grams, Saturated Fat 2 grams, Cholesterol 80 milligrams, Sodium 420 milligrams, Carbohydrates 8 grams, Protein 27 grams, Fiber 2 grams

Thai Lettuce Wraps with Satay Pork Strips

4 boneless top loin pork chops, about 1-inch thick
Vegetable oil cooking spray

Marinade:

½ cup hoisin sauce
¼ cup low-sodium soy sauce
2 tablespoons honey
2 tablespoons sesame oil
1 tablespoon minced fresh gingerroot
1 tablespoon minced garlic
½ teaspoon ground black pepper

Wraps:

3 large heads butter lettuce, leaves separated
2 medium carrots, peeled and cut into 2-inch matchsticks
1 English cucumber, cut into 2-inch matchsticks
2 ounces bean thread (Asian cellophane noodles), soaked for 15 minutes in hot water, then drained
16 sprigs fresh cilantro, leaves only

Sauces:

¼ cup corn syrup
3 tablespoons minced fresh cilantro
1 tablespoon lime juice
¼ teaspoon salt
¼ cup prepared Thai sweet chili sauce
¼ cup prepared Thai peanut sauce

Cooking Directions

Makes about 16 appetizer wraps

Place chops in large self-sealing plastic bag; combine marinade ingredients in small bowl and pour over chops. Seal bag and refrigerate 1 to 4 hours. Remove from refrigerator 30 minutes prior to grilling.


While pork is marinating, arrange stack of large lettuce leaves attractively on a serving platter. Place carrots, cucumber, bean thread and cilantro leaves in small dishes or directly on serving platter.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium-high.

In small serving bowl or ramekin, mix together corn syrup, minced cilantro, lime juice and salt. Place sweet chili sauce and peanut sauce in small serving bowls or ramekins.

When ready to grill, remove chops from marinade (discarding marinade). Spray grill grate with vegetable oil spray. Grill pork

continued



Nutrition Facts: Calories 199, Fat 6 grams, Saturated Fat 1 gram, Cholesterol 32 milligrams, Sodium 589 milligrams, Carbohydrates 28 grams, Protein 14 grams, Fiber 2 grams

directly over medium-high heat for about 10 minutes total, or until internal temperature as measured with an instant-read thermometer is 160 degrees F. Transfer to cutting board and let rest for 5 minutes before thinly slicing.

Lay a few medium-sized leaves of lettuce on serving platter and arrange pork on lettuce.

To assemble, let each guest place a lettuce leaf on an appetizer plate. Arrange 2 to 3 slices of pork on top of the lettuce. Mound a bit of carrot, cucumber and bean thread over top. Add a couple cilantro leaves and drizzle one of the sauces over top. Fold over the lettuce to form a roll and enjoy!

Easy Execution

Like to plan ahead? Everything in this recipe, even the pork, can be prepared in advance. Marinate and grill the pork early in the day (or the day before) and refrigerate; just slice before serving. Make the sauces ahead of time and set out in bowls up to several hours ahead. Even the condiments can be assembled on a platter and refrigerated until ready to serve.



Cooking Pork 101

Less fat doesn't need to mean less flavor. When cooking lean pork, remember not to overcook. Pork should be slightly pink on the inside for ideal flavor.

- For best results, use an instant-read thermometer. Pork should be cooked to an internal temperature of 160 degrees F.
- Marinate your pork for at least 30 minutes before cooking to infuse with more flavor. The general guideline is about a half cup of marinade for every one pound of pork.

Chops (¾-inch thick)	Sauté or grill for 8 to 10 minutes.
Thick Chop (1½-inches thick)	Sauté or grill for 12 to 16 minutes.
Loin Roast	Roast in 350° F oven or grill over indirect heat for 20 minutes per pound (until 150° F on meat thermometer). Allow roast to rest 10 minutes before carving (temperature will continue to rise).
Tenderloin	Roast at 425° F for 20 to 30 minutes. Grill for 15 to 25 minutes.

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