Making Meals Easy with Pork

The National Pork Board understands the hectic schedules of busy families, so we're delighted to provide you with some time-saving meal solutions that don't compromise on taste or nutrition.

With a little planning on one night, home cooks can take the next night off! Here are menu suggestions that banish the idea of boring leftovers, so your family can enjoy delicious meals one night after another, each with a distinctively different taste. Pork's versatile flavor makes it great for a variety of dishes. And that can make both the cook and everyone else happy at your dinner table.

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1 Cook once. 2 Eat twice.

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When you run low on an ingredient, add it to your shopping list right away. Try to plan meas at least a few days ahead to save time on extra trips to the grocery store.

1 Ham with Fruit Glaze

2 to 3 pound fully-cooked smoked boneless ham
1/2 cup fruit preserves (peach or apricot)
1 tablespoon prepared mustard

Heat ham in oven according to package directions*, about 15-18 minutes per pound in a 350 degree F oven. In small bowl, stir together preserves and mustard. Brush over sides of ham during last 15-20 minutes of heating. Slice enough ham to serve; wrap and refrigerate leftovers for up to 3 days.

*Crock-pot tip: Heat small boneless ham in slow cooker, with 1/4 cup water, on low setting, for 5-6 hours.

Nutrition Facts: Calories: 170, Protein; 21 g, Fat: 3 g, Sodium: 1480 mg, Cholesterol: 55 mg, Saturated Fat: 1 g, Carbohydrates: 15 g.

1 Balsamic Pork Chops

8 New York chops, about 3/4-inch thick
12 ounces (1-1/2 cups) balsamic vinaigrette dressing

Place chops in large, resealable bag; pour vinaigrette dressing over. Seal bag and refrigerate for 2 to 24 hours.

Prepare medium-hot grill. Remove chops from marinade and pat dry. Discard remaining marinade. Grill chops directly over heat for about 8 to 9 minutes, turning once until internal temperature on a thermometer reads 145 degrees Fahrenheit, followed by a 3-minute rest time.

Serve desired number of chops for dinner; wrap and refrigerate remaining chops for up to three days.

Nutrition Facts: Calories: 174, Protein: 27 g, Fat: 6 g, Sodium: 210 mg, Cholesterol: 80 mg, Saturated Fat: 1 g, Carbohydrates: 6 g



Always be prepared...

Keep the freezer stocked with vegetables; take out just what you'll need for the meal.



Minimize the time you spend grocery shopping by organizing your grocery list into categories based on the store's layout.

2 Ham Quesadillas

2 cups shaved ham from Ham with Fruit Glaze recipe
8 ounce can corn, drained, or one cup frozen corn
2 teaspoons chili powder
2 cups shredded Cheddar cheese
8 flour tortillas

In a large bowl toss ham, corn, chili powder and cheese. Heat 10-inch nonstick skillet over medium-high heat. Place one flour tortilla in skillet; layer with about 1/2 cup of the ham mixture to within 1/2 inch of edge of tortilla. Top with another tortilla. Cook over medium-high heat for 4 to 5 minutes, turning after 2 minutes, until light golden brown. Remove quesadilla from skillet and keep warm. Repeat with remaining tortillas and filling. Cut quesadillas into wedges to serve. Serves 4 to 5.

Nutrition Facts: Calories: 450, Protein: 35 g, Fat: 9 g, Sodium: 1700 mg, Cholesterol: 45 mg, Saturated Fat: 2 g, Carbohydrates: 55 g.

2 Grilled Pork Panini

3 cooked Balsamic Pork Chops, thinly sliced
8 slices Italian bread
1/2 cup purchased pesto
4 1-ounce slices Provolone cheese
Olive oil

Spread 1 tablespoon pesto on each slice of bread. Top four slices of bread with sliced pork chops and cheese; top each sandwich with remaining bread. Lightly brush outer surface of sandwiches with olive oil; grill in a medium-hot skillet until toasted on each side. Serves 4.

Makes a Meal with: creamy coleslaw and potato chips.

Nutrition Facts: Calories: 454, Protein: 32 g, Fat: 22 g, Sodium: 690 mg, Cholesterol: 75 mg, Saturated Fat: 5 g, Carbohydrates: 32 g.



For busy nights, plan meals that cook in one pan for quick cleanup, such as Mostly Mu Shu Pork or Grilled Pork Panini.



Because the texture of ham changes when frozen, it's ideal to use any thawed ham in casseroles or salads, rather than as entree slices.

2 Ham & Rigatoni Casserole

1-1/2 cups ham from Ham with Fruit Glaze, diced
8 ounces dry rigatoni pasta (or similar pasta)
1 2-1/2 ounce white sauce or country gravy mix
2 cups shredded Swiss cheese
1 tablespoon Dijon-style mustard
10 ounce frozen leaf spinach, thawed and chopped
1/2 teaspoon hot pepper sauce*

Cook rigatoni according to package directions; set aside. Prepare white sauce or country gravy mix; stir in ham, cheese, mustard, spinach and hot pepper sauce*. Pour over pasta, toss gently to blend well. Pour into shallow 2-quart casserole; cover and bake in 350 degrees F. oven for 20 minutes. Uncover and bake 10 minutes more. Serves 3 to 4. Do-Ahead Tip: Prepare casserole; cover and refrigerate for up to 24 hours. Add 10 minutes to initial baking time.

*hot sauce is optional

Nutrition Facts: Calories: 370, Protein: 37 g, Fat: 11 g, Sodium: 1520 mg, Cholesterol: 55 mg, Saturated Fat: 4 g, Carbohydrates: 30 g.

2 Stovetop Calzone

2 cooked Balsamic Pork Chops, thinly sliced
1 14-1/2-ounce can diced tomatoes with basil and garlic, drained
1 cup pizza sauce
1 cup sliced mushrooms
4 ounces shredded Mozzarella cheese
8 slices French bread, diagonally sliced 1/2-inch thick
pepper, to taste

In 10-inch nonstick skillet, combine sliced pork chops, tomatoes, pizza sauce and mushrooms. Cook over medium heat, stirring, until heated through, about 5 minutes. Meanwhile, toast bread under broiler; arrange bread on serving plates. Reduce heat to low; top mixture with cheese and cover to melt cheese, about 1 to 2 minutes. Spoon a portion of the pork mixture onto each slice of toast; season to taste with pepper and serve immediately. Serves 4.

Nutrition Facts: Calories: 214, Protein: 27 g, Fat: 8 g, Sodium: 980 mg, Cholesterol: 45 mg, Saturated Fat: 3 g, Carbohydrates: 37 g.



Getting ready for dinner...

Defrost frozen meats well ahead of time so they are ready to use. If you defrost meats in the microwave, use right away—don't refrigerate for later use.



After you shop...
Before storing meat in the freezer, combine with your favorite marinade in a resealable plastic bag. When you are ready to thaw in the refrigerator, the meat will marinate as it thaws.

2 Hot Ham & Pepper Cheese Hoagies

8 ounces ham from Ham with Fruit Glaze recipe, thinly sliced
4 hoagie buns, sliced lengthwise
1/4 cup spicy mustard
1/4 cup low-fat mayonnaise
4 1-ounce slices Pepper Jack cheese
1/2 cup shredded lettuce
1 tomato, thinly sliced

Preheat oven to 350° F. Spread inside surfaces of buns with mustard and mayonnaise. Layer ham and cheese on bottom halves of buns; top with lettuce and tomato. Top with remaining bun half; wrap hoagies in foil and heat in 350° F. oven until cheese is melted, about 15 minutes. Serves 4.

Nutrition Facts: Calories: 400, Protein: 27 g, Fat: 16 g, Sodium: 1730 mg, Cholesterol: 50 mg, Saturated Fat: 7 g, Carbohydrates: 39 g.

2 Tuscan Pork & Bean Salad

2 cooked Balsamic Pork Chops, cut in 1/2-inch cubes
1 10-ounce package Mediterranean greens (escarole, endive, radicchio)
1 15-ounce can cannellini or Great Northern beans, rinsed and drained
1 4-ounce jar pimiento strips
2 ripe tomatoes, cubed
1 14-ounce can artichoke hearts, drained and quartered
1/4 cup sliced green onion
1/2 cup Italian dressing
1/4 cup grated Parmesan cheese

In shallow serving bowl toss together all ingredients, except for the parmesan cheese, with dressing. Portion onto individual serving plates; top each serving with 1 tablespoon cheese. Serves 4.

Nutrition Facts: Calories: 254, Protein: 21 g, Fat: 7 g, Sodium: 980 mg, Cholesterol: 35 mg, Saturated Fat: 1 g, Carbohydrates: 31 g.



Assemble all ingredients and utensils before you begin to prepare a meal to iminimize repetitive trips to the refrigerator and pantry.

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Refrigerate leftovers quickly–within 2 hours after serving.

Store large quantities of leftovers in small, shallow containers to allow for quick cooling.

Peppered Pork Roast

1 4-pound New York roast (or 2 2-pound roasts)
6 tablespoons pepper blend seasoning

Rub all surfaces of roast(s) with seasoned pepper. Place pork in shallow roasting pan and roast in 350 degrees F. oven for 40 minutes to 1 1/2 hours, until internal temperature on a thermometer reads 145 degrees F. Remove roast from oven; let rest about 10 minutes. Slice and serve.

Wrap and refrigerate leftovers for up to three days.

Makes a Meal with: garlic mashed potatoes with pork gravy and buttered corn.

Nutrition Facts: Calories: 160, Protein: 22 g, Fat: 6 g, Sodium: 50 mg, Cholesterol: 60 mg, Saturated Fat: 1 g, Carbohydrates: 2 g.

Pork Tenderloin Fajitas

4 whole pork tenderloins (3-1/2 to 4-1/4 pounds total)
12 ounces (1-1/2 cups) fajita marinade

Place tenderloins in large self-sealing bag; pour marinade over. Seal bag and refrigerate for 2 to 24 hours. Heat oven to 450 degrees F. Remove tenderloins from marinade (discard remaining marinade), pat dry and place in shallow roasting pan. Roast tenderloins for 20-25 minutes, until internal temperature (measured with a meat thermometer) is 145 degrees F. Remove from oven and let rest 5 minutes, slice enough to serve. (One tenderloin serves 3 to 4.) Wrap and refrigerate leftovers up to three days.

Makes a meal with: warm flour tortillas, sautéed onions, bell peppers and salsa.

Nutrition Facts: Calories: 131, Protein: 24 g, Fat: 3 g, Sodium: 500 mg, Cholesterol: 75 mg, Saturated Fat: 1 g, Carbohydrates: 1 g.

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Keep pantry ingredients like pasta, rice, bottled marinades and spice rubs handy for quick and easy meals.

2



Leave space around leftover containers in the refrigerator to assure rapid, even cooling.

Freeze any leftovers that you won't eat within 3 days.

Caribbean Pork & Mango Salad

3/4 pound cooked Peppered Pork Roast, cut into 1/2-inch cubes
6 cups mixed greens
1 15-ounce can black beans, rinsed and drained
1/4 red onion, halved and sliced
2 ripe mangoes, peeled and cubed (or 1 26-ounce jar of mango slices, drained)*
1/2 cup fruit-flavored vinaigrette dressing

In large bowl, gently toss all ingredients with dressing. Serve on shallow salad bowls or dinner plates. Serves 4.

* If mangoes are hard to find, use 2 8-ounce cans mandarin orange segments, drained

Nutrition Facts: Calories: 330, Protein: 31 g, Fat: 7 g, Sodium: 530 mg, Cholesterol: 65 mg, Saturated Fat: 2 g, Carbohydrates: 37 g.

Continental Baguette

1 cooked tenderloin from Pork Tenderloin Fajitas recipe, thinly sliced
1 baguette (long, thin French bread), about 24 inches long
1/2 cup spreadable garlic and herb cheese (spreadable)
1/2 cup fruit chutney or cranberry sauce
4 large lettuce leaves

Cut baguette into 4 equal pieces and cut each lengthwise. Spread cheese onto the bottoms of bread, followed by chutney. Top with slices of tenderloin and lettuce, then tops of bread. Serves 4.

Makes a Meal with: celery and carrot sticks with ranch dressing dip.

Nutrition Facts: Calories: 441, Protein: 30 g, Fat: 15 g, Sodium: 650 mg, Cholesterol: 95 mg, Saturated Fat: 9 g, Carbohydrates: 45 g.

2



Get the kids involved in the kitchen. Have kids help with age-appropriate tasks when preparing meals. For example, smaller kids can stir ingredients and older kids can chop vegetables.

2



Never taste leftover food to see if it is safe. If you are in doubt about its safety or freshness, throw it out.

Caesar Sandwich

3/4 pound cooked Peppered Pork Roast, thinly sliced
3 cups chopped romaine lettuce
1/2 cup creamy Caesar salad dressing
1/4 cup grated Parmesan cheese
1 8-10 inch round loaf focaccia

Toss lettuce with dressing and cheese, set aside. Slice focaccia horizontally; cut into 4 wedges. Layer pork and then lettuce on focaccia bottoms. Place focaccia tops over lettuce. Serves 4.

Makes a Meal with: dill spears and apple wedges.

Nutrition Facts: Calories: 352, Protein: 33 g, Fat: 10 g, Sodium: 690 mg, Cholesterol: 70 mg, Saturated Fat: 2 g, Carbohydrates: 35 g.

Curried Pork Salad

1 cooked tenderloin from Pork Tenderloin Fajitas recipe, cut into 1/2-inch cubes
2 cups cooked white rice
1 11-oz can mandarin oranges, drained and reserving 2-3 tablespoons of the juice
1/4 cup celery, diced
1/4 cup green onion, chopped
1/4 cup raisins
1/2 cup plain yogurt
1/4 cup mayonnaise, low-fat
1 tablespoon curry powder
1/4 cup roasted peanuts, coarsely chopped
1/4 teaspoon salt

In large bowl toss together pork, rice, oranges, celery, onion and raisins. In small bowl, blend reserved juice, yogurt, mayonnaise, curry powder and salt. Pour dressing over salad; toss gently to coat all ingredients. Place salad in shallow serving bowl, garnish with peanuts. Serves 4.

Nutrition Facts: Calories: 391, Protein: 31 g, Fat: 10 g, Sodium: 370 mg, Cholesterol: 80 mg, Saturated Fat: 3 g, Carbohydrates: 47 g.

2



Look for recipes that make the most of convenient ingredients, such as shredded cheese, packaged salad mixes and canned tomatoes seasoned with basil and garlic.

2



If you reheat leftover food, cook until it is steaming hot. A food thermometer is a good way to ensure that leftovers have been reheated to the safe temperature of 165°F.

Mediterranean Pasta Salad

3/4 pound cooked Peppered Pork Roast, cut into thin strips
12 ounces penne or ziti pasta, cooked and drained
1 small cucumber, diced
6 ounces crumbled feta cheese
1 cup cherry tomatoes, halved
1/2 cup chopped fresh mint leaves
1/2 cup Greek vinaigrette dressing

In large bowl, gently toss all ingredients with dressing. Serve on shallow salad bowls or dinner plates. Serves 4.

Makes a Meal With: sesame seed dinner rolls.

Nutrition Facts: Calories: 402, Protein: 38 g, Fat: 17 g, Sodium: 930 mg, Cholesterol: 110 mg, Saturated Fat: 9 g, Carbohydrates: 27 g.

Mostly Mu Shu Pork

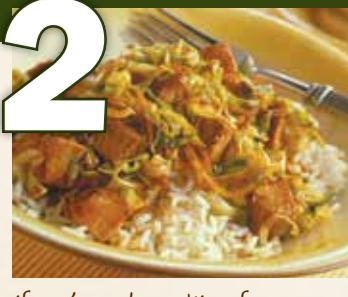
1 cooked tenderloin from Pork Tenderloin Fajitas recipe, cut into 1/2-inch cubes
2 teaspoons vegetable oil
4 cups pre-packed shredded cabbage with carrot
1/2 thinly sliced onion
1/4 cup hoisin or plum sauce, to taste
4 cups cooked white long-grain rice

Heat oil in large nonstick skillet over high heat; stir-fry cabbage, carrot and onion about 4 minutes. Stir in tenderloin pieces and hoisin or plum sauce, stir to heat through. Serve with hot rice. Serves 4.

Makes a Meal with: a deli fruit salad and almond cookies.

Nutrition Facts: Calories: 401, Protein: 30 g, Fat: 7 g, Sodium: 320 mg, Cholesterol: 75 mg, Saturated Fat: 2 g, Carbohydrates: 57 g.

2



if you're only cooking for one or two, freeze individual pork chops in small resealable plastic bags.

Method	Cut	Thickness/ Weight	Internal Temp. followed by 3 minute rest	Average Recommended Cooking Time (minutes per pound OR total minutes)
Roasting Roast at 350° F., unless otherwise noted. Roast in a shallow pan, uncovered	Loin Roast, Bone–In and Boneless*	2–5 lbs.	145° F	20 minutes per lb.
	Crown Roast*	10 lbs.	145°	12 minutes per lb.
	Fresh Leg/Uncured Ham*	18–20 lbs.	145°	15 minutes per lb.
	Tenderloin (roast at 425°F.)	½–1½ lbs.	145°	20–27 minutes total time
	Ribs	—	Tender	1½–2 hours
	Ham, fully cooked	5–6 lbs.	140°	20 minutes per lb.
Broiling 4–5 inches from heat	Loin Chops, Bone–In or Boneless (¾ inch thick)	¾ inch	145°	8–9 minutes total time
OR	Thick Loin Chops, Boneless (1½ inch thick)	1½ inches	145°	12–16 minutes total time
Grilling over direct, medium heat; turn once halfway through grilling	Loin Kabobs	1 inch cubes	Tender	10–15 minutes total
	Tenderloin	½–1½ lbs.	145°	20 minutes total time
	Ground Pork Patties	½–inch	160°	8–10 minutes total time

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145˚ F. (medium rare) and 160˚ F. (medium), followed by a 3-minute rest.

Ground pork, like all ground meat, should be cooked to 160˚ F. Pre-cooked ham can be reheated to 140˚ F. or enjoyed cold.

Method	Cut	Thickness/ Weight	Internal Temp. followed by 3 minute rest	Average Recommended Cooking Time (minutes per pound OR total minutes)
Barbecuing over indirect medium heat (285° F.)	Loin Roast, Bone–In and Boneless*	2–5 lbs.	145°	2 lbs. roast = 20 minutes per lb. 3½–5 lbs. roast = 15 minutes per lb.
	Shoulder Roast*	3–6 lbs.	Tender	45 minutes per lb.
	Ribs	—	Tender	1½–2 hours total
Sautéing Add a little cooking oil to pan; sauté over medium–high heat and turn once halfway through cooking time	Cutlets	¼ inch	Tender	3–4 minutes
	Loin Chops, Bone–In or Boneless	¾ inch	145°	8 minutes total time
	Tenderloin Medallions	¼–½ inch	Tender	4–8 minutes total time
	Ground Pork Patties	½ inch	160°	8–10 minutes total time
Braising Cook, covered, with a liquid at a simmer; turn once halfway through cooking time	Loin Chops, Bone–In or Boneless	½–¾ inch	145°	6–8 minutes total time
	Loin Cubes	1 inch	Tender	8–10 minutes
	Tenderloin Medallions	½–¾ inch	Tender	8–10 minutes
	Shoulder Roast*	3–6 lbs.	Tender	2–2½ hours
	Ribs	—	Tender	1½–2 hours
Stewing Cook, covered, with liquid at a slow simmer	Loin or Shoulder Cubes	1 inch	Tender	45 minutes–1 hour

***Note:** For easier slicing and to let the pork juices redistribute throughout the meat, remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving.