

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
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Ingredients:

- 2 Tbsp. honey**
- 2 Tbsp. Worcestershire sauce**
- 3.5 oz. pkg. ranch dressing mix, divided**
- 5 Tbsp. olive oil, divided**
- 2 tsp. ground pepper, divided**
- 4 boneless pork chops or pork loins (½-inch thick)**
- 1 pound golden potatoes, cut into ¾-inch chunks**
- 8 ounces green beans, trimmed or 8 oz. frozen cut green beans, thawed***

Ranch Pork Chop Oven Meal

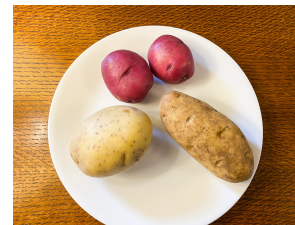
Directions:

1. Preheat oven to 475°F.
2. In a small bowl, mix together honey, Worcestershire sauce, 2 Tbsp. ranch dressing mix, 2 Tbsp. olive oil and 1 tsp. pepper. Place mixture and pork chops in a sealed bag. Shake to coat. Refrigerate to marinate or put directly into baking pan by lining the pork chops on one side.
3. In a medium bowl, mix together 2 Tbsp. olive oil, 1 Tbsp. ranch dressing mix and ½ tsp. pepper. Add potatoes and toss until well coated. Add to baking pan.
4. Bake pork and potatoes for 15 minutes.
5. Meanwhile, in another medium bowl, mix the remaining ranch mix, 1 T. olive oil and ½ tsp. pepper. Add green beans. (Note: If using frozen green beans, defrost in microwave on 30% power for about 4 minutes before adding to the oil mixture.) Toss until well coated.
6. After the 15 minutes of baking time, remove the pan from the oven. Turn the pork chops over and toss the potatoes. Add the green beans to an empty space in the pan. Bake until vegetables are beginning to brown, about 7 – 8 minutes more and pork chops have reached 145°F. internal temperature.

Eat what's in season...

Potatoes

Potatoes are available fresh and frozen for convenience all year round. They are available in many **varieties**. Russet (ruddy-skinned) are great for baking, perfect for crisp skin and fluffy inside. Red potatoes are terrific when shredded and in layered applications such as hash browns and scalloped potatoes. Gold potatoes are perfect for mashed potatoes.



Preparation hints: Potatoes can be prepared by boiling, baking, roasting, microwaving or grilling. Leave the skin on when possible. Remove deep eyes, sprouts and green spots. Scrub under cold water. If potatoes will be cut awhile before cooking, place them in water to prevent browning. If microwaving, pierce the whole potato several times with a fork. Season potatoes with your favorite herbs and spices. Try seasoning them with the same seasoning used on the meat dish.

Selection and Storage: Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.

Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. Avoid storing near onions. When stored properly, potatoes can keep up to five weeks.

Pulled Pork in Crockpot

Rub Ingredients:

2 Tbsp. smoked paprika

2 Tbsp. brown sugar

1 Tbsp. Kosher salt

1 Tbsp. chili powder

1 Tbsp. garlic powder

1 tsp. cumin

1 tsp. cayenne pepper

**6 – 8 pound pork shoulder
roast**

1 cup beef broth

1 cup apple cider vinegar

Directions:

1. In a medium bowl, combine rub ingredients. Then rub onto the pork roast.
2. Place pork roast in crockpot with the fat-side up. Add the beef broth and vinegar around the roast.
3. Cook on High for 30 minutes. Turn to Low and continue to cook for 8 – 10 hours until pork roast is easy to pull with fork. Internal temperature will be around 205°F. with thermometer inserted into the thickest part of the roast when it is ready to pull. If it is hard to shred, it needs to cook longer.

Tips: Use a slow cooker liner for easy clean-up.



Side Dish Spotlight

Below are a few side dish ideas to pair with our featured pork recipes or to try on their own!

Cheesy Potatoes

(Easy Microwave Dish)

- 4 medium-sized potatoes
- 1 cup shredded Cheddar cheese
- ¼ cup butter
- ½ cup sour cream



Cook unpeeled potatoes (pricked with fork) for 10 - 12 minutes on HIGH directly in the microwave. Cool slightly and slice. Place in a casserole dish. Melt butter and add cheese, stirring to blend. Add sour cream. Stir together. Spread over potatoes. Microwave on HIGH for 4 - 6 minutes until cheese melts.

Apple Slices in a Skillet



Slice apples into ½” slices. Use a corer to remove the center / seeds. Heat skillet. Place fruit into skillet. Cook for 3 – 4 minutes over medium heat. Flip once. Cook for another 2 – 3 minutes.

NOTE: Apples will brown over time. Thus, one way to prevent browning is to prepare a mixture of 2 T. lemon juice per 1 c. water. Soak apple slices in lemon juice mixture.



Delicious Meal Ideas
Apple slices on the grill or in the skillet make a delicious addition to a fall meal.

Pulled Pork Vegetable Soup



- 2 cups pulled pork
- 1 cup O'Brien potatoes
- 1 pkg. frozen vegetables
- 1 can diced tomatoes
- 3 cups beef broth
- 1 can vegetable juice

Place all ingredients into large stock pot. Bring to a boil. Turn control to medium low and simmer for 20 minutes.

Lemon Yogurt Cream Pie



- 9 graham crackers
- 2 containers lemon flavor yogurt
- 8 oz. fat-free whipped topping, thawed
- 1 pkg. sugar-free lemon gelatin
- ¼ cup boiling water
- lemon zest



Place graham crackers in the bottom of an 8” square pan. In large bowl, mix together yogurt and whipped topping with electric mixer. Combine gelatin and water, stirring until gelatin dissolves. Add gelatin liquid to yogurt mixture and combine. Pour into pan. Add lemon zest on top. Refrigerate overnight or at least 2 hours.

Selection, Handling, & Storage

Selection: 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 best flavor and tenderness, meat should have a small amount of marbling.



Handling: Purchase pork just before checking out at the store. Place it in a plastic bag to prevent any leakage onto other foods. Refrigerate as soon as possible.

Storage: Whole cuts of pork may be refrigerated for up to five days after purchase. • Ground pork may be refrigerated for one to two days after purchase. • Cooked pork should be consumed within three to four days after cooking or frozen for up to three months.

Cooking: When cooking pork, it is important to avoid overcooking resulting in dry, tough meat. USDA recommends to cook pork, roasts, and chops to 145 °F as measured with a food thermometer before removing meat from the heat source, with a three-minute rest time before carving or consuming. This will result in a product that is both safe and at its best quality—juicy and tender.

Nutrient Profile: Potassium

Potassium is an essential mineral needed by all tissues of our body. It carries a small electrical, positive charge that activates nerve and cell functions. Its main role is to work with sodium to maintain fluid balance in our bodies but also is needed to help muscles contract and support normal blood pressure. Providing proper nutrients for muscle function is important because your heart is a muscle, pumping blood through your body. Your esophagus is a muscle, important for getting food from your mouth to stomach, and your lungs work as well as they do from the muscles surrounding your ribs and diaphragm.



Food Sources: Potatoes, bananas, raisins, beans, lentils, acorn & butternut squash, spinach, broccoli, avocado, cantaloupe, oranges, tomatoes, dairy, yogurt, cashews, almonds.

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