

# SIMILAR INGREDIENTS, MULTIPLE MEALS

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



IF YOU COOK ENOUGH PORK ON THE GRILL, YOU CAN USE IT LATER FOR THE RECIPE ON PAGE 2.

## Hawaiian Pork Kabobs

### Ingredients:

**2-3 lb. pork tenderloin**  
cubed into 1-inch pieces  
**1-2 Bell peppers, variety**  
of colors  
**1 large red or white onion**  
**Sauce:**  
**1 cup crushed pineapple**  
with juice  
**½ cup soy sauce**  
**½ cup honey**  
**¼ cup vegetable oil**  
**¼ cup chili sauce**  
**2 Tbsp. minced garlic**  
**1 tsp. crushed red pepper flakes**  
**½ tsp. black pepper**

### Directions:

1. Whisk pineapple and its juice, soy sauce, honey, oil, chili sauce, garlic, and seasonings together in a medium bowl.
2. Pour marinade mixture over cubed pork in a gallon size bag that can seal. Refrigerate for at least 1 hour or overnight.
3. Peel and cut onion into 1-inch pieces.
4. Seed and cut bell peppers into 1-inch pieces.
5. Skewer the meat and vegetables, trying to alternate until all ingredients are used.
6. Cook on heated 375°F-400°F grill for 3 minutes on each side. Pork needs to reach an internal temperature of 145°F.

# Eat what's in season... *Zucchini*

## Selection:

Zucchini can be found fresh during months June through October. It's in stores year round and can be purchased fresh, frozen, canned, or dried. Look for zucchini with shiny, slightly prickly, and bright green skin. Skin should be firm and free of bruises, cuts, and open flesh.

## Harvesting from the Garden?

Summer squash should be harvested when they reach 6-8 inches in length. These produce items are best when immature, young and tender. As zucchini grows larger it becomes tough and develops seeds. They can still be used but seeds and pulp should be scraped out. Large zucchini are ideal for baking.

## Storage:

Zucchini should be stored in the refrigerator after bringing it home from the store. Store unwashed in a plastic bag for 4-5 days. After cooking, zucchini can be stored in the refrigerator and should be used within 2-3 days.



# BBQ Pork Cheese Pasta

## Ingredients:

- 1 lb. penne pasta**
  - 2 Tbsp. butter**
  - 2 Tbsp. all-purpose flour**
  - 2 cups milk**
  - ¼ tsp. Lawry's seasoning salt**
  - ¼ tsp. pepper**
  - 2 cups cheddar cheese, shredded**
  - 1 cup colby jack cheese, shredded**
  - 1 cup mozzarella cheese, shredded**
  - 6 slices of American cheese**
  - 2 cups of pulled pork, shredded**
  - ¼-½ cup BBQ sauce**
- Note: Look on page 3 for recipes to make shredded pork!**

## Directions:

1. Cook and drain pasta as package directs.
2. Grease a 3-qt. baking dish with cooking spray.
3. Melt butter in a medium saucepan and whisk flour into the melted butter for 2-4 minutes.
4. Pour milk very slowly into flour mixture and continue stirring until no lumps remain.
5. Add seasoned salt and pepper, stir, and bring to a boil. Reduce heat to a simmer for 2 minutes.
6. Combine shredded cheeses into a bowl and scoop 1¼ cup of cheese into milk mixture.
7. Tear sliced cheese and add to the mixture. Remove pot from heat when cheese is melted.
8. Stir noodles into cheese mixture and pour noodles into greased baking dish.
9. Top with shredded pork, BBQ sauce, and remaining shredded cheese.
10. Bake uncovered at 350°F for 20 minutes or until cheese is melted.

## Side Dish Spotlight

Below are additional recipes using green beans, canned foods, and foods full of calcium.  
Don't forget to view the nutrient profile on page four.

### Parmesan Zucchini Crisps

**Ingredients:**

- 2-4 small-medium zucchini
- 2 Tbsp. Olive Oil
- ¼ cup grated parmesan
- ¼ cup bread crumbs (Italian or Panko)
- Pepper to taste

Preheat oven to 450°F and spray baking sheet with cooking spray. Slice both ends off the zucchinis and then slice the squash into ¼ inch rounds. In a bowl, toss zucchini slices in olive oil until evenly coated. Combine parmesan, bread crumbs, and pepper in a second bowl. Dip oil coated zucchini slices into parmesan mixture and place on baking sheet in a single layer. Bake 25-30 minutes and serve.

Note: Crisp in Air Fryer on 390°F for 4½ -7 minutes.



### Zucchini Lasagna

**Ingredients:**

- 5 medium zucchinis
- ½ cup onion, chopped
- 1 lb. ground beef, cooked & drained
- 2 cups marinara sauce
- 1 Tbsp. minced garlic
- 16 oz. ricotta cheese or cottage cheese
- 2 large eggs
- ½ cup parsley
- 1 tsp. Italian seasoning
- ½ tsp. black pepper
- 2 cups mozzarella cheese, shredded

Preheat oven to 375°F and coat a 2-3 quart baking dish with cooking spray. Use a mandoline slicer or knife to cut zucchini length wise in about ¼ inch slices. Pat slices dry with paper towel. Brown beef and chopped onion, drain grease. Add marinara sauce and minced garlic and heat. Mix ricotta, eggs, parsley, Italian seasoning, and pepper together in a medium bowl.

Spread ¼ of meat sauce on the bottom of baking dish. Layer zucchini slices then one third of the ricotta mix then a third of mozzarella cheese. Beginning with meat sauce, layer ingredients two more times. Bake covered for 30 minutes and uncovered for 20 more minutes.

### Crockpot Shredded Pork

**Ingredients:**

- 4 lb. boneless pork shoulder
- 3 Tbsp. packed brown sugar
- 1 Tbsp. salt
- 1 Tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. black pepper

Season pork with seasonings above or seasonings of your choice. Place it in a slow cooker and cover with a lid. Cook on low for about 8 hours. Remove it to a cutting board or baking dish. Use forks to shred.

## Selection, Handling, & Storage

Fresh **onions** should be firm, dry, bright, and have smooth outer skins. Avoid bulbs with cuts, bruises, or green sprouts. Onions should be stored in a cool, dark, well ventilated place. Try to use onions within 4 weeks of purchase.

Hint: store away from potatoes!



When shopping for **pork tenderloins or pork shoulders**, look for cuts with relatively small amounts of fat and with meat that is firm and a pale pink color. A small amount of marbling will result in better flavor and tenderness.

Refrigerate as soon as possible and store below ready to eat foods. Pork can be kept in the refrigerator for 5 days after purchase. After cooking, pork should be eaten within 3-4 days or frozen for up to three months.

When cooking pork, it is important to avoid overcooking resulting in dry, tough meat. The USDA recommends to cook pork roasts, and chops to 145°F as measured with a food thermometer before removing meat from the heat source. Pork does better when it's allowed to 'rest' before carving or eating. This will result in a product that is both safe and at its best quality, juice and tender.

# Nutrient Profile: Calcium

Calcium is a mineral most known for its influence to building and maintaining bones and teeth. 99% of our body's calcium is stored in our bones and teeth! That leaves 1% to contribute to blood clotting, nerve impulses, and the regulation of the heart's rhythm. If we don't eat enough calcium our bodies will pull from the stores in our bones and other tissues to get what it needs. Ideally we borrow from our bones and after eating or drinking foods with calcium we will replace these stores!



**Food Sources: dairy products (milk, yogurt, cheese), dark leafy greens, beans, lentils, seeds, soy foods, almonds, fish where you eat the bones (salmon & sardines), fortified orange juice, some fortified grains**

Area 8 Health and Human Sciences Extension Educators can be found in Cass, Carroll, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

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