

Great for
slow cookers!

Apple-Cranberry Pork Ribs

2 lb pork rib strips
Salt and pepper to taste
1/4 cup apple cider or juice
1/2 cup cranberry sauce
2 tablespoon honey
2 tablespoon frozen orange juice concentrate, thawed
1/4 teaspoon ground ginger
1/8 teaspoon ground nutmeg

Cooking Directions

Spray a slow cooker with nonstick coating. Place meat in the crock. Add apple cider. Cover. Cook on low setting for 4—6 hours or until ribs done. In a small bowl combine cranberry sauce, honey, orange juice concentrate, ginger and nutmeg. Pour over chops. Cook for 1-2 minutes, until heated through. Top meat with sauce. Serves 4.

Serving Suggestions

Try this recipe with peas, coleslaw, and chicken flavored rice & vermicelli.

Nutrition Facts Calories, 248; Protein, 23g; Fat 7 g; saturated fat 2 g; Cholesterol 67 milligrams; Sodium, 69 milligrams; Carbohydrate 28 g; Fiber 1 g;

Source: www.theotherwhitemeat.org and Oklahoma Pork Council

Food Safety Tips for Pork

Cook pork to an internal temperature of 160°F. Use a meat thermometer to be accurate.

Once you are home with your groceries refrigerate immediately.

Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

Source: Food Safety and Inspection Service, USDA

Creamy Vegetable Soup

16 oz broccoli
3 cups cubed potatoes
1 onion, chopped
1 cup 2% milk
2 cups chicken broth
8 oz reduced-fat processed cheese spread, cubed
1/4 t pepper

Combine first 5 ingredients in a large saucepan; bring to a boil. Cover reduce heat and simmer 6 minutes or until vegetables are tender. Stir milk and cubed cheese. Continue stirring until cheese melts.

Source: adapted from Cooking Light 5 Ingredient, 15 Minute Cookbook

Mexican Turkey Skillet Casserole

4 oz small elbow macaroni, uncooked
1 pound ground turkey
1/2 chopped onion
1 can diced tomatoes or tomato product
1 can whole-corn
1 package taco seasoning mix (or 1 T chili powder, 1/4 t garlic powder, 1/2 t cumin)

Cook pasta according to directions. While pasta is cooking, coat a large nonstick skillet with cooking spray; place over medium-high heat until hot (325°F) Add turkey and onions. Cook, stirring constantly, until turkey crumbles. Stir in drained pasta, tomatoes, corn, and seasoning; cook 5 minutes longer, stirring occasionally.

Serving Suggestions

Serve with tossed salad and warm tortillas and sliced oranges.

Nutritional information: Calories 330 (8% from fat); Fat 2.9 g; Protein 32.5g; Carbohydrate 42.0g; Fiber 2.7 g. Cholesterol 68mg; Sodium 589 mg.

Source: adapted from Cooking Light 5 Ingredient, 15 Minute Cookbook

Roasted Chicken & Pear Salad

4 Leg Quarters
Salt & Pepper
4 cups salad greens
1/2 cup reduced-fat raspberry vinaigrette dressing
2 ripe pears, cored, and thinly sliced
3 T Pecan halves
Roast leg quarters by placing in a baking dish, salt & pepper, cover and bake in the oven at 350°F 1 hour or until chicken reaches an internal temperature of 165°F. Wash and wrap sweet potatoes with foil and bake in the oven while chicken is roasting.
Mix remaining ingredients together for salad just before serving.

Getting the most nutritious calories

Some foods provide lots of nutrients per calorie. Some don't. Choose foods low in fat. Limit sugar and salt. Work at eating proper proportion sizes. Each of the recipes on the page are designed to serve four people. By choosing a VARIETY of foods high in nutrition and low in calories, you will be getting the most value from the food you eat. The more colors on your plate the better the nutritional content.

Find out more at www.Mypyramid.gov

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