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PIGS DON'T FLY and Other Pork Truths

We're not trying to brag, but did you know that pork is the world's most popular protein? That's right – pork is the most consumed protein in the world¹.

To understand its popularity, you have to look beyond the bacon, and seek the (lean) meat of the matter. And we mean lean. Compared to 30 years ago, pork today has about:

- 16% less fat²
- 27% less saturated fat²

These **eight cuts of pork** are lean, meaning they contain less than 10 grams of fat per 3-ounce serving³, but they are also versatile in the kitchen and across global cuisines.



1. Pork Tenderloin
2. Sirloin Pork Chop
3. Sirloin Pork Roast
4. New York Pork Chop
5. 96%Lean Ground Pork
6. New York Pork Roast
7. Porterhouse Pork Chop
8. Ribeye Pork Chop

Pork tenderloin and **pork sirloin roast**, are even certified by the American Heart Association as heart-healthy foods, containing less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per serving.



Choosing lean pork as part of a balanced diet can help meet requirements for key nutrients Americans are under-consuming, including: **potassium, magnesium and choline**.

Lean pork is also:

An “excellent” source of:

- Protein
- Vitamin B6 and B12
- Thiamin
- Riboflavin
- Zinc
- Niacin
- Selenium

A “good” source of:

- Choline
- Phosphorous⁵

You can feel good about choosing lean pork. Swine have the lowest emissions of any class of livestock and have the ability to feed the world's population without grazing on deforested land and emitting heat-trapping methane gas.⁶ Since 1960, farmers have used over 75% less land, 25% less water and 7% less energy, **reducing carbon emissions by 8%**.

PORK & PARTNERS



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¹OECD-FAO Agricultural Outlook. Meat consumption. Accessed October 15, 2021. <https://data.oecd.org/agroutput/meat-consumption.htm>
²National Pork Board. USDA Nutrient Data Set for Fresh Pork (Derived from SR), Release 11. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Pork/Pork1-1.pdf>
³Specific Cut NDB Numbers: 1. U.S. Department of Agriculture, FoodData Central, 2019. NDB#100612. U.S. Department of Agriculture, FoodData Central, 2019. NDB#102163. U.S. Department of Agriculture, FoodData Central, 2019. NDB#102174. U.S. Department of Agriculture, FoodData Central, 2019. NDB#100685. U.S. Department of Agriculture, FoodData Central, 2019. NDB#109766. U.S. Department of Agriculture, FoodData Central, 2019. NDB#100697. U.S. Department of Agriculture, FoodData Central, 2019. NDB#100428. U.S. Department of Agriculture, FoodData Central, 2019. NDB#10050
⁴National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking
⁵U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. “Excellent” source: 20% or more of Daily Value; “Good” source: 10-19% of Daily Value
⁶A Retrospective Assessment of U.S. Pork Production: 1960 to 2015, Univ. of Arkansas, National Pork Board, 2018.

Fiesta Pork & Walnut Tacos

SERVINGS: 8 (2 tacos each)

INGREDIENTS

1 tbsp. extra-virgin olive oil, divided
1 lb lean pork tenderloin, trimmed of visible fat and cut into ½-1-inch thick strips
1 cup chopped walnuts
1 tbsp. chili powder
1 tsp. ground cumin
½ tsp. garlic powder
¼ tsp. ground cayenne pepper (optional)
¼ cup water
1 lime, juiced
16 yellow corn tortillas (6-inch), warmed
2 cups prepared fresh salsa
1 medium ripe avocado (peeled, pitted and sliced)

DIRECTIONS:

- HEAT** 1½ teaspoons olive oil in a large skillet over medium-high heat until hot. Add half of the pork; cook and stir 5 minutes and until internal temperature reaches 145°F; set aside. Repeat with remaining olive oil and pork. Return browned pork to the skillet, add walnuts and reduce heat to low.
- COMBINE** in a small bowl, chili powder, cumin, garlic powder and cayenne pepper; add to the skillet with water and lime juice, stirring until evenly coated. Simmer 5 minutes or until heated through.
- SPOON** pork-walnut mixture evenly into warmed corn tortillas. Top with fresh salsa, avocado, desired garnishes and serve.

OPTIONAL GARNISHES: Plain Greek yogurt, shredded cheddar cheese, shredded lettuce, fresh cilantro, black beans.

NUTRITION FACTS PER SERVING, 350 calories, 17g fat, 2g saturated fat, 32g carbohydrate, 7g fiber, 17g protein, 170mg sodium.

Source: California Walnuts, www.walnuts.org



Mediterranean Grain Bowl with Pork Skewers

SERVINGS: 6

INGREDIENTS

12 oz. pork loin roast (trimmed of fat)
4 tbsp. olive oil
2 tsp. minced garlic
1 tsp. lemon zest
1 tsp. ground cumin
1 ¼ tsp. salt
¾ tsp. black pepper
1 sweet onion (chopped)
3 cups chicken stock
¾ cup sorghum (whole-grain, rinsed and drained)
1 cup garbanzo beans (canned, also known as chickpeas, rinsed, drained and dried with paper towels)
1 ½ cups cherry tomatoes (halved)
1 cup arugula
1 cup cucumber (chopped)
⅔ cup crumbled feta cheese
½ cup kalamata olives
½ cup Hummus

DIRECTIONS:

- CUT** pork loin into 1-inch cubes. Place in a resealable plastic bag set in a shallow dish. In a small bowl combine 3 tablespoons olive oil, garlic, lemon zest, cumin, 1 teaspoon salt, and ½ teaspoon black pepper. Pour half of the olive oil mixture over meat (reserve remaining half). Seal bag; turn to coat meat. Marinate in the refrigerator for 2 hours, turning bag occasionally.
- MEANWHILE,** in a medium saucepan heat 1 tablespoon oil over medium-high heat. Add onion and cook and stir 6 to 8 minutes or until tender. Add stock and bring to a boil. Add sorghum. Reduce heat and simmer, covered, 45 to 60 minutes or until the sorghum is tender, stirring occasionally.
- PREHEAT** oven to 400°F. Arrange chickpeas on a foil-lined 15x10x1-inch baking pan. Drizzle with reserved olive oil mixture; toss to coat. Roast in preheated oven 20 to 30 minutes or until chickpeas are toasted and crispy, stirring occasionally. Remove from oven and set oven temperature to 500°F.
- DRAIN MEAT,** discarding marinade. Divide meat amongst 6 wooden or metal skewers. Arrange skewers on a wire rack on top of a baking sheet and bake for 10 minutes or until meat is slightly pink in the center and reaches an internal temperature of 145° F, turning once halfway through.
- TO SERVE,** divide sorghum between 6 bowls. Top with tomatoes, arugula, cucumber, feta cheese, olives, chickpeas and hummus. Serve with pork skewers.

NUTRITION FACTS PER SERVING, 420 Calories, 21g fat, 0.1 g trans fat, 35g carbohydrate, 7g fiber, 22 g protein, 570mg sodium.



Visit pork.org/porkandpartners for more nutritious and delicious pork recipes.

