

Amelia's Italian Pork Pita Pockets

- 8 thin boneless pork chops, about 2 ounces each**
- 2 green bell peppers, each cut into 8 lengthwise strips**
- 2 portabella mushrooms, cut into 8 slices**
- 1 large red onion, cut into 8 wedges, separated**
- 2 tablespoons balsamic vinegar**
- 1 tablespoon olive oil**
- 1/2 teaspoon Italian seasoning**
- 2 teaspoons crushed red pepper flakes**
- 1 teaspoon fennel seed**
- 8 pita pocket bread halves**
- 4 slices (1 ounce each) low-fat, part skim mozzarella cheese, cut in half**



Heat oven to broil. Coat a large baking pan with cooking spray. Arrange pork chops and vegetables in a single layer on baking pan. In a small bowl, combine vinegar, oil, Italian seasoning, red pepper flakes and fennel seed. Brush mixture on both sides of pork. Broil 5 to 6 inches from heat for about 6 to 10 minutes, or until pork is browned and vegetables are crisp-tender. Remove from oven; divide pork and vegetables among pita pocket breads. Add 1 slice of cheese to each sandwich.

Makes 8 sandwiches (4 servings).

***Nutritional Analysis per serving:** calories 214, protein 21g, fat 7g (2 g saturated), sodium 280 mg, cholesterol 75 mg, carbohydrates 21g.*

Honey-Garlic Grilled Chops

- 4 boneless pork chops, about 1-inch thick**
- 1/4 cup lemon juice**
- 1/4 cup honey**
- 2 tablespoon soy sauce**
- 1 tablespoon dry sherry**
- 2 cloves garlic, minced**



Combine marinade ingredients and pour over chops in self-sealing plastic bag and seal bag. Refrigerate 4-24 hours. Prepare covered grill medium-hot coals. Remove chops from marinade (discard marinade). Grill chops over direct heat 12-15 minutes, turning occasionally.

Serves 4.

***Nutritional Analysis per serving:** calories 210, protein 22 g, fat 4 g (1 g saturated), sodium 490 mg, cholesterol 65 mg, saturated fat 1 g, carbohydrates 19 g.*

Quick Pork Fajitas

- 1 pork tenderloin, about a pound, thinly sliced
- 3 tablespoons fajita seasoning
- 1/2 onion, sliced
- 1/2 green bell pepper, sliced
- 4-6 flour tortillas, warmed



In shallow bowl, toss pork pieces with fajita seasoning. In large non-stick skillet over medium-high heat, stir-fry pork pieces with onion and green pepper about 5-8 minutes until vegetables are just tender. Wrap portions in flour tortillas with salsa.

Serves 4.

*Placing pork tenderloin in freezer for about 20 minutes makes slicing easier.

Nutritional Analysis per serving: calories 251, protein 23g, fat 5g (1 g saturated), sodium 630 mg, cholesterol 60 mg, carbohydrates 30g.

Kick-off Kabobs

- 2 pounds boneless pork chops, cut into 1-inch cubes
- 1 cup Italian dressing
- 2 tablespoons dried red pepper flakes
- 1 tablespoon fennel seed
- 1 large red bell pepper, cut into 1-inch pieces
- 1 large green bell pepper, cut into 1-inch pieces
- 1 large onion, cut into 1-inch pieces
- 24 6-inch wooden skewers, (soak in water for 30 minutes before using)



Place pork cubes in re-sealable plastic bag; add salad dressing, red pepper flakes and fennel seed. Seal bag; refrigerate for at least 1 hour to overnight to marinate pork. When ready to cook, thread pork, peppers and onion on skewers. Discard marinade. Place kabobs on greased broiler pan and broil 5 inches from heat, or grill over medium-hot coals, for about 5 minutes per side.

Makes 24 appetizers.

Nutritional Analysis per serving: calories 70, protein 9g, fat 2g (0 g saturated), sodium 135 mg, cholesterol 25 mg, carbohydrates 2g.

Mostly Mu Shu Pork

- 1 cooked pork tenderloin, cut into 1/2-inch cubes *
- 2 teaspoons vegetable oil
- 4 cups pre packed shredded cabbage with carrot
- 1/2 onion, thinly sliced
- 1/4 cup hoisin sauce, OR plum sauce, to taste
- 4 cups cooked white rice, (long-grain)



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.

Nutritional Analysis per serving: calories 401, protein 30 g, fat 7 g (2 g saturated), sodium 320 mg, cholesterol 75 mg, carbohydrates 57 g.

Easy Mexicali Pork Chops

- 4 boneless pork chops, 3/4-inch thick
- 1 envelope taco seasoning, (1/4 cup)
- 1 teaspoon vegetable oil
- salsa, optional



Rub pork chops on both sides with taco seasoning. Heat non-stick skillet over medium-high heat. Brush skillet with oil. Add pork chops and cook for 7-8 minutes, turning once, until internal temperature on a thermometer reads 160 degrees F. Top with salsa, if desired, and serve.

Serves 4.

Nutritional Analysis per serving: calories 178, protein 22 g, fat 8 g (3 g saturated), sodium 262 mg, cholesterol 55 mg, carbohydrates 3 g, fiber 0 g.

Boneless Pork Loin Roast with Herbed Pepper Rub

- 1 3-pound boneless pork loin roast**

Herbed Pepper Rub:

- 2 tablespoons cracked black pepper**
- 2 tablespoons grated Parmesan cheese**
- 2 teaspoons dried basil**
- 2 teaspoons dried rosemary**
- 2 teaspoons dried thyme**
- 1/4 teaspoon garlic powder**
- 1/4 teaspoon salt**



Pat pork dry with paper towel. In small bowl, combine all rub ingredients well and apply to all surfaces of the pork roast. Place roast in a shallow pan and roast in a 350 degrees F. oven for 1-1 1/4 hours (18-20 minutes per pound), until internal temperature on a thermometer reads 150 degrees F. Remove roast from oven; let rest until temperature reaches 160 degrees F, about 10 minutes before slicing to serve.

Serves 6-8, with leftovers.

Nutritional Analysis per serving: calories 131, protein 22 g, fat 5 g (1 g saturated), sodium 97 mg, cholesterol 57 mg, carbohydrates 1 g, fiber 1 g.

Apricot-Mustard Grilled Pork Tenderloin

- 1 pork tenderloin, about a pound**
- 3 tablespoon apricot preserves**
- 1/4 cup mustard**

Season tenderloin with salt and pepper. Stir together the preserves and mustard in a small bowl.



Place pork over a medium-hot fire and grill for about 15 minutes or until internal temperature reaches 160 degrees F., brushing with mustard mixture in the last few minutes.

Serves 4.

Nutritional Analysis per serving: calories 213, protein 25 g, fat 6 g (2 g saturated), sodium 221 mg, cholesterol 78 mg, carbohydrates 11 g, fiber 1 g.

Ginger-Sesame Stir-Fry with Vegetables

- 12 ounces ham, cut into bite-size strips
- 1/3 cup orange juice
- 2 tablespoons soy sauce, reduced-sodium
- 1 tablespoon cornstarch
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1 tablespoon cooking oil
- 3 cups broccoli florets
- 1/2 16-oz package pepper stir-fry vegetables, frozen
- 2 teaspoons sesame seeds, toasted



For sauce, combine orange juice, soy sauce, cornstarch, and ginger and garlic powder in a small bowl. Set aside.

Pour cooking oil into a large skillet or wok. Heat over medium high heat. Add broccoli and frozen peppers to skillet. Cook and stir about 3 minutes or until vegetables are just tender. Remove vegetables from skillet. Add ham to skillet; cook and stir about 1 minute or until heated through; push ham to edges of skillet. Stir sauce; add to center of skillet. Cook and stir until thickened. Return vegetables to skillet. Cook and stir about 1 minute more or until heated through. Sprinkle with sesame seeds.

Makes 4 servings.

Nutritional Analysis per serving: calories 219, protein 21g, fat 9g (2 g saturated), sodium 1293 mg, cholesterol 26 mg, carbohydrates 10g, fiber 2 g.