

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . . .*

## Serve Pork The Healthy Way



- ◆ Trim fat from pork before cooking.
- ◆ Choose low fat cooking methods - Broil, bake, roast, sauté, etc.
- ◆ Flavor pork using herbs, spices, marinades or sauces.
- ◆ Remove fat from canned pork before cooking.
- ◆ Pork is cooked and safe to eat when meat thermometer reads 160°F.



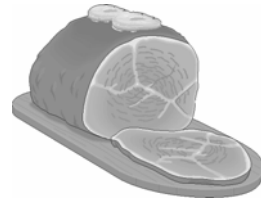
### **Pork-Sweet Potato Skillet** Serves 4.

4 thin-cut pork chops	1 Tbsp. flour
1 cup apple juice	1/8 tsp. ground allspice
1 medium onion, cut in 1/4-inch slices	1 can (17-oz.) sweet potatoes

1. Sauté (brown chops) in lightly oiled frying pan (skillet).
2. Add **3/4** cup of the apple juice to chops. Top chops with onion slices. Cover and cook 5 minutes at reduced heat.
3. Mix flour and seasoning in small bowl and stir in remaining **1/4** cup apple juice. Stir into liquid in pan.
4. Arrange sweet potatoes around and over chops. Spoon sauce over potatoes. Cover and cook about 10 minutes longer, until potatoes are hot and chops are done.

NUTRITION FACTS (per serving) - Calories 350 - fat 12 g - calories from fat 110 - sodium 95 mg - total carbohydrate 36 g - fiber 4 g

# Serving HAM



- ◆ Vacuum-packed and canned hams labeled "**fully-cooked**" can be eaten cold right out of the package. To reheat, bake at 325°F until meat thermometer reads 140°F.
- ◆ Reheat "**fully-cooked**" ham that has been repackaged or leftover to an internal temperature of 165°F.
- ◆ Ham labeled "**cook-before-eating**" must reach an internal temperature of 160° F before eating. Bake in 325°F oven.
- ◆ Use leftover ham or deli slices within four to five days.
- ◆ Freezing is not recommended for ham because it affects ham's quality. If you do freeze, wrap ham tightly and freeze for no more than 2 months. Use thawed ham in cooked dishes (soups, casseroles).

## **Skillet Ham** Serves 5.

2 Tbsp. butter or margarine		1 can cream of chicken soup
2 Tbsp. minced onion		1 cup diced cooked ham
1 1/3 cups quick cooking rice		1 cup cooked beans or peas
1/2 tsp. salt	1	1/2 cups hot water
Dash of pepper		

1. Melt margarine in skillet. Add onion to skillet and sauté until tender.
2. Add rice to onion and sauté to golden brown.
3. Add salt, pepper, chicken soup, ham, beans/peas and hot water to rice. Bring to boil then simmer uncovered 5 minutes.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 11 g ~ calories from fat 100 ~ sodium 1150 mg ~ total carbohydrate 28 g ~ fiber 2 g



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