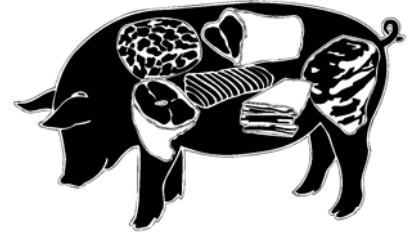


COOKING WITH PORK



Baked Pork Chops and Apples

2 medium cooking apples
1/4 cup brown sugar
1/2 teaspoon cinnamon
4 pork chops

Heat the oven to 350° F. Cut the apples into quarters. Peel if desired. Remove the core. Slice each apple quarter into 3 or 4 pieces. Spray a baking dish with nonstick cooking spray. Place apples in dish. Combine brown sugar and cinnamon. Combine brown sugar mixture with the apples.

Trim pork chops of any excess fat. Heat a medium-size skillet and add the pork chops. Cook over medium heat until light brown on both sides.

Place the pork chops in a single layer on the apples. Cover with a lid or with foil. Bake about 45 minutes or until pork is done in the center and tender. Serves 4.

Nutrition Facts (per serving): Calories 280 ~ fat 11 g ~ calories from fat 100 ~ sodium 55 mg ~ total carbohydrate 22 g ~ fiber 1 g

Glazed Ham Meatballs

1 1/2 pounds ground cured lean ham
1 pound fresh ground pork
2 eggs
1 cup cracker crumbs
1 cup skim milk
dash of pepper

In a medium mixing bowl, combine all ingredients. Shape into about 24 balls, 1/4 cup in size. Bake for 20 minutes in a 350° F oven. Drain any excess fat that cooks out.

While meatballs are cooking, mix together the glaze ingredients:

2 tablespoons dry mustard
1 cup brown sugar
1/4 cup water
1/4 cup vinegar

After the first 20 minutes of baking, spread the glaze on the meatballs. Return to the oven and bake for another 15-20 minutes or until meatballs are done. Serves 8.

Nutrition Facts (per serving): Calories 250 ~ fat 14 g ~ calories from fat 120 ~ sodium 900 mg ~ total carbohydrate 8 g ~ fiber 0 g

Chili Pork Chops

4 pork chops, 1-inch thick
4 onion slices
4 green pepper rings, 1/4 to 1/2 inch thick
1 bottle (12 oz.) chili sauce

Trim chops of excess fat. Place in a flat baking dish or casserole dish. Cover with a lid or aluminum foil and bake for 15 minutes at 350° F. Remove from oven. Turn chops and drain any excess juices and fat from pan. Top each chop with onion slice, green pepper slice and 1/4 bottle of the chili sauce, in that order. Cover and continue to bake another 20-30 minutes until chops are done and vegetables are tender. Serves 4.

Nutrition Facts (per serving): Calories 350 ~ fat 14 g ~ calories from fat 120 ~ sodium 2810 mg ~ total carbohydrate 29 g ~ fiber 1 g

Baked Ham and Noodles

1 Tbsp. oil or margarine	2 cups cooked noodles
1/4 cup chopped onion	1/4 cup diced celery
1/3 tsp. paprika	2 cups diced, cooked ham
1/4 cup flour	1/2 cup diced or shredded cheese
1 1/2 c. milk	

In a medium saucepan, sauté onion in oil. Stir in the flour and paprika. Add the milk, stirring constantly until creamy. Add noodles, celery and ham. Pour into buttered 9x11 baking dish. Top with cheese and bake at 350° F for 30 minutes. Serves 6.

Nutrition Facts (per serving): Calories 270 ~ fat 11 g ~ calories from fat 100 ~ sodium 590 mg
~ total carbohydrate 24 g ~ fiber 1 g

Pork Chop and Vegetable Casserole

6 potatoes, thinly sliced	1/4 cup celery, finely chopped
1/2 cup onion, thinly sliced	1 tsp. oregano
2 tsp. salt	1-16 oz. package frozen mixed vegetables, partially thawed
1/2 tsp. pepper	1-6 oz can tomato paste, mixed with 2 cans water
6 pork chops, cut 1 inch thick	

Prepare a 3-quart covered casserole by buttering or spraying with nonstick spray. Place sliced potatoes on bottom. Spread onion over potatoes and sprinkle with salt and pepper. Place pork chops over potatoes and onions. Top chops with celery. Sprinkle the oregano over the chops and celery. Add vegetables. Cover with diluted tomato paste. Cover and bake at 375° F for 1 hour. Lower temperature to 325° F and uncover casserole. Bake 30 minutes longer. Serves 6.

Nutrition Facts (per serving): Calories 430 ~ fat 15 g ~ calories from fat 140 ~ sodium 1610 mg
~ total carbohydrate 44 g ~ fiber 9 g

Breakfast Casserole

10 slices bread, cubed	1/2 cup mushrooms, drained
1 pound bulk pork sausage, cooked and crumbled	6 eggs, beaten
1/2 cup shredded Cheddar cheese	2 cups milk
1/2 cup shredded Swiss cheese	salt and pepper, to taste

Prepare a 9x13-inch pan with nonstick spray. Arrange layers of bread, sausage, cheese and mushrooms. Combine eggs and milk and pour over top. Refrigerate over night. To bake, cover with foil and bake at 350° F for 45 minutes. Serves 8.

Nutrition Facts (per serving): Calories 340 ~ fat 17 g ~ calories from fat 150 ~ sodium 740 mg
~ total carbohydrate 20 g ~ fiber 2 g



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