

# Health and Wellness **with Pork**

## Nutritious

Pork is versatile and can be used into a variety of active lifestyles.

## Lean

Eight cuts of pork meet the USDA guidelines for "lean".

## Heart-Healthy

Boneless pork sirloin roast or pork tenderloin are certified by the American Heart Association.

## Egg Roll in a Bowl

🍴 Serves 4 ⌚ 20 Minutes

- 1 tablespoon sesame oil
- 1 small red onion (diced)
- 1 tablespoon minced garlic
- 1 tablespoon ginger (finely minced)
- 1 pound ground pork
- 2 teaspoons sriracha sauce
- 1 bag coleslaw mix (14 oz.)
- 2 red bell peppers (sliced thinly)
- 1 bag carrots (10 oz.)
- 3 tablespoons low-sodium soy sauce (or liquid aminos)
- 1 tablespoon rice wine vinegar
- salt and pepper (to taste)

1. Heat sesame oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1 minute. Add ground pork and sriracha. Cook and crumble until pork is cooked through, about 7-10 minutes.
2. Add coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
3. Spoon pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.
4. Optional for garnish: sliced green onions, sesame seeds, wonton strips. Optional sauces: hoisin or duck sauce, sriracha, hot sauce, or sweet chili garlic sauce. For a creamy sauce, mix together Greek yogurt, sriracha, lime juice and salt to taste.



## Grilled Pork Tenderloin

🍴 Serves 4 ⌚ 55 Minutes

- ½-2 pounds pork tenderloin
- Juice of ½ lemon
- 2 teaspoons minced garlic
- 1 teaspoon Italian herb seasoning blend - or ¼ teaspoon each dried basil, thyme, oregano, and parsley or rosemary
- ¼ cup oil
- ½ teaspoon salt
- 1 teaspoon cracked black pepper - or a pinch of finely ground black pepper
- 2 teaspoons Dijon mustard
- 2 teaspoons honey

### Marinate the pork

1. Pat pork tenderloin dry with a paper towel.
2. Stir together lemon juice, garlic, dried herbs, oil, salt, pepper, Dijon mustard, and honey.
3. Pour half of the mixture into a large Ziploc bag along with the tenderloin. Press out excess air, seal the bag, and chill for 30 minutes.

### Grill the pork

4. Preheat grill to medium and oil the grates.
5. Using tongs, transfer pork to the grill. Close the grill and cook 15-20 minutes, turning every few minutes to ensure even cooking and brushing reserved marinade over all sides of the pork half way through grilling.
6. Transfer to a cutting board to rest for 5 minutes before slicing and serving.

