



Alice Henneman, RD, LMNT, Extension Educator

Over the past 20 years, the efforts of America's pork producers have resulted in pork with 31% less fat and 14% less calories, according to Jane Reeson, Demand Enhancement Director, Nebraska Pork Producers Association, Inc.

The National Pork Producers Council (NPPC) cites the following as the leanest cuts of pork. The tenderloin is the leanest cut of pork—a 3-ounce serving contains 139 calories and 4.1 grams of fat—comparable to a skinless chicken breast. Other lean cuts (based on a 3-ounce serving) include boneless loin roast with 165 calories and 6.1 grams of fat; boneless sirloin chops with 164 calories and 5.7 grams of fat; boneless loin chops with 173 calories and 6.6 grams of fat and boneless ham (extra lean) with 123 calories and 4.7 grams of fat. A 2-ounce serving of Canadian-style bacon contains 86 calories and 3.9 grams of fat.

Here's a low fat pork recipe from Jane. For additional recipes, call the Nebraska Pork Producers Association at 1-888-627-7675 or visit the NPPC web site at: <http://www.nppc.org>.

Pork Chops with Apple-Cranberry Glaze

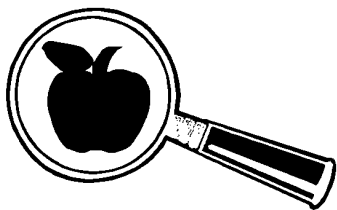
4 servings

- 4 boneless pork chops, 3/4-inch thick
- Nonstick spray coating
- 1/4 teaspoon freshly ground pepper
- 1/4 cup apple cider or juice
- 1/2 cup whole cranberry sauce
- 2 tablespoons honey
- 2 tablespoons frozen orange juice concentrate
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg

Spray a large nonstick skillet with nonstick coating. Heat over medium-high heat. Sprinkle both sides of chops with pepper. Brown chops on each side in hot skillet. Add apple cider. Cover tightly; cook over low heat for 5-6 minutes or until chops are just done (160 degrees F internal temperature; pork will have a hint of pink). While chops are cooking, in a small bowl combine cranberry sauce, honey, orange juice concentrate, ginger and nutmeg. Remove chops from heat and keep warm. Add the cranberry glaze to the skillet and cook for 1 to 2 minutes until heated through. Pour over chops and serve.

Nutrition Information per Serving: 272 calories, 7 grams fat (AH)

Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q: Do you need to store honey in the refrigerator?

A: No. Store honey at room temperature. For best quality, plan to use in about a year.

Q: What can I do if my honey turns cloudy?

A: If honey turns cloudy or crystallizes, the National Honey Board (NHB) recommends that you place the jar in warm water and stir until the crystals dissolve.

Q: Is there any easy way to clean measuring cups when cooking with honey?

A: For easy removal, the NHB recommends coating the measuring cup with vegetable oil or non-stick cooking spray before measuring. (AH)

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "University of Nebraska Cooperative Extension in Lancaster County NEBLINE." If the article includes a byline, please acknowledge the author and their title.

Meal time—family time

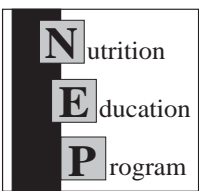
Let ALL family members help!

- Who will go shopping?
- Who sets the table?
- Who does the dishes?
- What should we serve?
- What groceries do we need?
- Who cleans off the table?

Quick Meal Ideas

- Cook and toss pasta with vegetables or leftover meat and canned spaghetti sauce.
- Bake potatoes and top with broccoli, cheese, chili or cottage cheese.
- Use leftover vegetables and meats in stir-frys, salad, omelets and sandwiches.
- Serve tortillas filled with canned black beans or refried beans, salsa and cheese.
- Stuff a pita pocket with tuna and vegetable salad.
- Cook oatmeal according to directions and stir in 1/2 cup applesauce.
- On top of warm cooked pancakes, thinly spread peanut butter and jelly and roll up.
- Make English muffin pizzas with cooked hamburger, veggies, sauce and cheese.

Source: Kansas State University Cooperative Extension, Family Nutrition Program. (MB)



Nutrition Education Program
for Limited Resource Families

Maureen Burson
Extension Educator

Programs for your group

The following programs are available from our office for presentation to your group. Call Alice Henneman at 441-7180 for more information. (AH)

Cook It Quick!

Do you enjoy delicious home-cooked meals? But, by day's end, do you have little time and energy left for cooking? Learn about cooking techniques, kitchen equipment and time-saving strategies and recipe ideas that will help you enjoy tasty and nutritious home-cooking as well as being able to "cook it quick!"

Limitations: Minimum class size of 8; no maximum class size

Length: 45-60 minutes as desired by group

Cost: No charge; request that site provide small prize(s)

Clean Hands Campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities.

Limitations: Can be used with any number. Call to schedule a time to check-out the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis.

Length: This activity takes about 20 or minutes, depending on the size and age of your group.

Cost: No charge.

Don't Get "Bugged" by a Foodborne Illness

Was it the flu or a foodborne illness? Many of the symptoms are the same. prevent "sick" days by playing a game that teaches about potentially harmful foods and food handling practices (you may be surprised!). "Don't Get 'Bugged' by a Foodborne Illness" is being used for food safety education in all 50 states, Canada and Australia and was recent winner of a national award from the National Extension Association of Family and Consumer Sciences. **A version for health fairs is also available.**

Limitations: Minimum class size of 8; no maximum

Length: 45-60 minutes as desired by group

Cost: No charge; request that site provide small prize(s)

Meet that 5 A Day resolution with these ideas for the new year...

A recent nationwide survey asked Americans what keeps them from eating more fruits and vegetables in the winter. Responses showed:

- #1 A tendency to fill up on other types of food that are around the house during the holidays was the most frequent response (48 percent).

- #2 Limited selection of fresh fruits and vegetables in the winter months (36 percent).
- #3 Craving fruits and vegetables less during the winter (28 percent).

Here are some 5 A Day tips from the National Cancer Institute for easy, hearty winter dining:

For Everyday Meals:

- Roast 3 cups of your favorite winter vegetables with some minced garlic, one teaspoon of olive oil and a sprinkle of salt and pepper at 400 degrees F until tender. Serve hot, or serve cool with a shot of balsamic vinegar. This is an easy way to use winter root vegetables such as carrots, parsnips, potatoes and rutabaga.

continued on page 11



YOUR information center... around the clock

NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

- 307 Reducing Sodium in Your Diet
- 356 The Vegetable Group
- 357 Using the "Nutrition Facts" Section on Food Labels

and many more...

Nutrition and Food Safety Web Site

Visit our internet web site at: <http://www.ianr.unl.edu/ianr/lanco/family/safety.htm>

FREE monthly FoodTalk e-mail newsletter

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.