



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simplify Your Meals with Stew!

While providing a great number of vitamins and minerals, there are 8 cuts of pork which also meet USDA guidelines for lean. Many of those nutrients (Niacin, Thiamin, Riboflavin, Vitamins B6 and B12) play a significant role in metabolism. These factors make pork a versatile, nutritious protein source that fits into many meal solutions for an active lifestyle. Balancing the use of pork (and other meats) with other plant-based ingredients makes for a cost-effective, nutritious and sustainable meal option. Just choose some recipes with a variety of vegetables, canned and frozen goods.

As outside temperatures cool off, soups and stews can be simple meal options that are full of flavor. Just pair them with a whole grain bread and fruit for a complete meal.

Pork and Zucchini Stew

Ingredients:

- 3 boneless pork chops, cut into 3/4-in. cubes
- 3 Tbsps. flour
- 1/2 tsp. garlic salt
- 1/2 tsp. pepper
- 1 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 4 cups fresh mushrooms, sliced
- 29 oz. can stewed tomatoes, undrained
- 2 medium zucchinis, sliced and halved
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1/3 cup grated Parmesan cheese



Directions:

In a plastic or paper bag combine flour, garlic salt and pepper. Add pork; shake until coated with flour mixture. Set aside. In a Dutch oven heat oil over medium-high heat. Cook and stir onion and green pepper until onion is tender but not brown. Add pork, cook and stir for 2-3 minutes or until browned. Stir in mushrooms, tomatoes, zucchini, basil and oregano; bring to boiling, reduce heat, cover and simmer for 10-15 minutes or until pork is tender, stirring occasionally. Spoon stew into individual soup bowls. Sprinkle with Parmesan cheese.

Recipe (adapted) and image courtesy of National Pork Board.