



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

Dietitian's Dish

Does Pork Protect Metabolism?

Pork is an excellent source of Vitamin B6, Niacin and Thiamin, which all play key roles in supporting metabolism. In fact, animal protein is one of the best sources of Thiamin – with pork having 50% DV.

Both pork tenderloin and pork loin have achieved the American Heart Association's Heart Check Mark designation.

Tenderloin is a cut of pork most comparable to chicken breast.

Given the versatile nature of pork, you can enjoy a variety of meals. Use hands-off cooking methods like slow cooking or a sheet pan dinner to get a nutritious and delicious meal on the table without a lot of fuss!

Slow Cooker Shredded Pork Tacos

Ingredients:

- 2 cloves garlic, minced
- 1 bell pepper, sliced
- 1/2 large, sweet onion, sliced
- 1-1/2 tps. chili powder
- 1-1/2 tps. Italian seasoning
- 1 tsp. cumin
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 lb. pork tenderloin
- 8 (6-inch) whole wheat tortillas, warmed
- 1/2 bag southwest flavor chopped salad kit
- 1 small avocado, chopped

Directions:

1. Place garlic, peppers and onion in slow cooker.
2. Combine chili powder, Italian seasoning, cumin, salt and pepper. Coat tenderloin with seasonings. Place on top of onions and peppers in slow cooker. Cook on high for 4 hours.
3. Once pork is finished, shred while in slow cooker and combine with onions and peppers.
4. Serve pork on tortillas with salad and avocado.

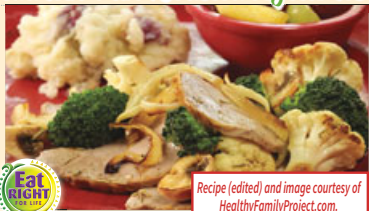


Recipe (edited) and image courtesy of HealthyFamilyProject.com.

Rosemary Pork Tenderloin with Roasted Vegetables

Ingredients:

- 3 Tbsps. olive oil, divided
- 1 tsp. dried rosemary
- 1/2 tsp. pepper
- 1/4 tsp. salt
- 1-1/4 lb. pork tenderloin
- 3/4 cup chopped cauliflower
- 3/4 cup chopped broccoli
- 1/2 medium sweet onion, sliced
- 1 cup sliced mushrooms
- 1/2 lemon, juiced



Recipe (edited) and image courtesy of HealthyFamilyProject.com.

Directions:

1. Preheat oven to 425°F. Mix 1 Tbsp. oil, rosemary, pepper and salt in a bowl. Rub it over the pork tenderloin.
2. Place tenderloin on a baking sheet and bake 25-30 minutes, or until internal temperature reaches 155-160°F.
3. Remove from the oven and let it stand for 5 minutes. Slice into 1/4-inch slices.
4. Combine the vegetables in a bowl and toss them with 2 Tbsps. olive oil and lemon juice to coat. Spread vegetables in a single layer on foil-lined baking sheet and bake 15 minutes, or until broccoli/cauliflower is tender.