

Blackberry Grilled Pork Tenderloin (#20)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork loin-raw
4 cups blackberries
12 oz blackberry juice
1/3 cup white wine vinegar
1 tsp ground black pepper
3 Tbsp cornstarch
6 garlic cloves, minced
6 Tbsp rosemary, fresh
6 Tbsp thyme, fresh
1 ¾ cup water, divided

Directions

1. Place the pork loins in a glass baking dish or re-sealable bag.
2. In a medium, non-reactive saucepan, bring 2 cups blackberries, rosemary, thyme, white wine vinegar, ¾ cup water, and ground black pepper to a boil over medium-high heat. Remove from heat and set aside to cool.
3. Pour the marinade over the pork loins, cover and refrigerate, turning occasionally to marinate evenly.
4. Prepare the grill or broiler for cooking over medium-high heat. Drain and reserve the marinade.
5. Grill or broil on all sides, turning with tongs until cooked through (internal temperature of 155°F), approximately 23-30 minutes. Let rest for 5 minutes before slicing.
6. Strain the marinade through a fine strainer set over a bowl and reserve ¼ cup of the liquid.
7. In a medium skillet, bring the liquid to a boil over high heat. Add the garlic and continue to cook until the liquid is reduced.
8. Dissolve cornstarch in 1 cup cold water and stir into reduced liquid. Add the blackberry juice and cook, stirring occasionally, until smooth, glossy and thick (about 2 minutes).
9. Stir in remaining ½ cup blackberries.
10. To serve: cut the pork into thin slices. Drizzle each serving with 1-2 Tbsp of sauce. Garnish with any additional blackberries if desired.

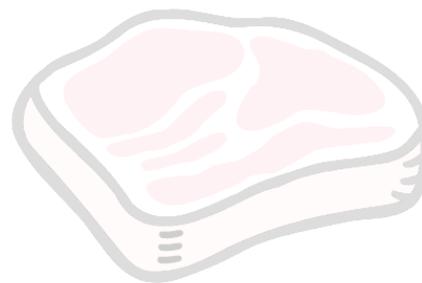
Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|-------|--------------------------|----------------------|
| Calories | 144 | Calories from Fat | 29 |
| | | | % Daily Value |
| Total Fat | 3 g | | 5% |
| Saturated Fat | 1 g | | 5% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 50 mg | | 3% |
| Total Carbohydrate | 5 g | | 4% |
| Dietary Fiber | 1 g | | 5% |
| Sugars | 2 g | | |
| Protein | 23 g | | |
| Vitamin A | 12% | Calcium | 2% |
| Vitamin C | 9% | Iron | 17% |

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Tender Pork Medallions w/ Rich Onion Sauce (#24)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork loin-raw, skin & bone removed
3 lbs onions, chopped
2 cups beef broth, low sodium
1 ½ Tbsp dijon mustard
½ cup vegetable oil
¼ cup all purpose flour
13 garlic cloves
3 cups water

Directions

1. Sprinkle both sides of the pork tenderloin with all purpose flour.
2. Heat 1 tsp vegetable oil in a large nonstick skillet over medium-high heat. Add half of pork slices and cook 2 minutes; then turn and cook for 2 minutes more or until juices run clear. Set aside on a plate. Repeat with remaining pork and place on the plate on the side.
3. Heat 1 tsp vegetable oil and add onions. Reduce heat to medium and cook for 3 minutes or until onions are translucent. Stir in garlic. Remove skillet from heat and stir in remaining ingredients until well mixed.
4. Return to heat and add pork and accumulated juices. Turn pieces over several times to coat with onion mixture, reduce to medium-low heat, cover tightly and simmer 10 minutes or until pork tenderloin is very tender and juices run clear.

Nutrition Facts

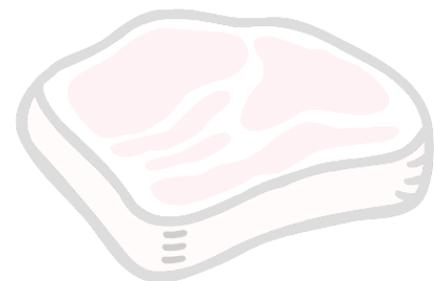
Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|-------|-------------------|-----|
| Calories | 197 | Calories from Fat | 58 |
| | | % Daily Value | |
| Total Fat | 6 g | | 10% |
| Saturated Fat | 1 g | | 7% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 81 mg | | 5% |
| Total Carbohydrate | 6 g | | 5% |
| Dietary Fiber | 1 g | | 2% |
| Sugars | 3 g | | |
| Protein | 23 g | | |
| Vitamin A | 0% | Calcium | 2% |
| Vitamin C | 3% | Iron | 15% |

Recommendations & Requirements*Recommendations*

- 🍎 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Pork w/ Stir-Fry Vegetables (#27)

Yield: 25 servings

Serving size: Approximately 3 oz meat & ½ cup vegetables

Ingredients

- 7.25 lbs pork loin-raw, cut into strips, skin & bone removed
- 1.5 lbs Asian stir-fry vegetables, frozen
- 1.25 lbs mushrooms, sliced
- 2 lbs onions, sliced
- 2 ½ cups beef broth, low sodium
- 1/3 cup vegetable oil
- 1/3 cup cornstarch
- 1 ½ tsp garlic, minced
- 2 Tbsp ginger root, grated
- ¼ cup water

Directions

1. Add small amount of vegetable oil to sauté pan and quickly stir-fry the vegetables, garlic, and ginger. Add a small amount of beef broth. Remove from the pan with slotted spoon and set aside.
2. Sauté pork strips in remaining vegetable oil over high heat.
3. Add remaining beef broth and stir gently to combine.
4. Mix cornstarch with cold water and add as needed to thicken the mixture. Serve the pork and vegetables immediately.

Nutrition Facts

Serving Size: 1 serving

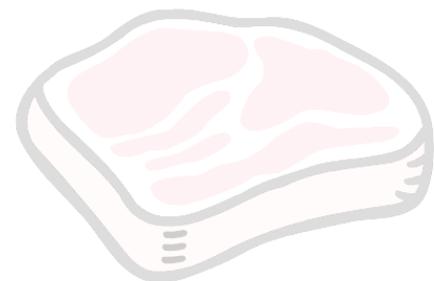
| Amount Per Serving | | | |
|---------------------------|-------|---------------|----------------------|
| Calories | | 185 | Calories from Fat 56 |
| | | % Daily Value | |
| Total Fat | 6 g | | 10% |
| Saturated Fat | 1 g | | 7% |
| Trans Fat | 0 g | | |
| Cholesterol | 62mg | | 21% |
| Sodium | 64 mg | | 4% |
| Total Carbohydrate | 7 g | | 5% |
| Dietary Fiber | 3 g | | 3% |
| Sugars | 3 g | | |
| Protein | 24 g | | |
| Vitamin A | 0% | Calcium | 2% |
| Vitamin C | 7% | Iron | 15% |

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée and vegetable (1 serving) component of the menu and is a good source of protein and fiber.



Roast Loin of Pork (#43)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork loin-raw, lean, well trimmed
2 celery stalks, chopped
2 cups onions, chopped
2 cups green peppers, chopped
3 Tbsp vegetable oil
2 ½ garlic cloves, minced
1 Tbsp garlic powder
1 tsp mustard, dry
1 tsp paprika
1 tsp thyme, dried

Directions

1. Preheat oven to 325°F.
2. Chop celery stalks, onions, garlic, and green peppers.
3. Combine vegetables in a stock pot and sauté with vegetable oil until tender. Rub pork loin with dry seasonings.
4. Cover pork loin with vegetables and bake for 2 ½-3 hours or until pork is fully cooked.

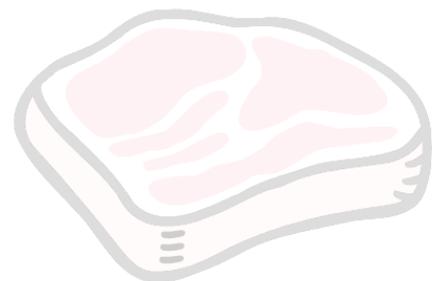
Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|-------|--------------------------|-----|
| Calories | 146 | Calories from Fat | 42 |
| | | % Daily Value | |
| Total Fat | 5 g | | 7% |
| Saturated Fat | 1 g | | 6% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 52 mg | | 3% |
| Total Carbohydrate | 2 g | | 2% |
| Dietary Fiber | 1 g | | 2% |
| Sugars | 1 g | | |
| Protein | 23 g | | |
| Vitamin A | 11% | Calcium | 1% |
| Vitamin C | 12% | Iron | 14% |



Sweet & Sour Pork (#66)

Yield: 25 servings
Serving size: Approximately 3 oz pork

Ingredients

7.25 lbs pork shoulder breast-raw, bone & skin removed
1 ¾ cups carrots, sliced
1 green pepper, chopped
1 ½ onions, chopped
½ lb snow or sugar peas
½ lb pineapple chunks
½ cup chicken broth, low sodium
2 cups canned pineapple juice, unsweetened
2 ½ cups red wine vinegar
½ cup soybean oil
½ cup soy sauce, low sodium
1 lb brown sugar
½ cup cornstarch
¼ tsp garlic powder & 1 tsp ground ginger
4 cups quart water and 1 cup water, divided

Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|--------|--------------------------|----------------------|
| Calories | 364 | Calories from Fat | 137 |
| | | | % Daily Value |
| Total Fat | 15 g | | 24% |
| Saturated Fat | 4 g | | 21% |
| Trans Fat | 0 g | | |
| Cholesterol | 80 mg | | 27% |
| Sodium | 272 mg | | 17% |
| Total Carbohydrate | 31 g | | 24% |
| Dietary Fiber | 1 g | | 4% |
| Sugars | 24 g | | |
| Protein | 24 g | | |
| Vitamin A | 308% | Calcium | 4% |
| Vitamin C | 16% | Iron | 23% |

Directions

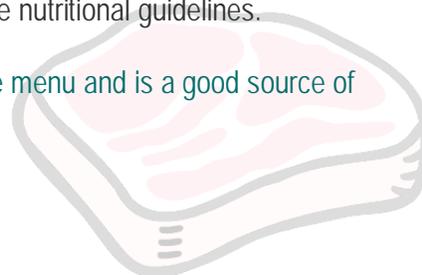
1. In a large skillet brown the pork over medium-high heat.
2. Pour off excess fat. Drain on a paper towel. Add 1 quart of water to pork, simmer until meat is tender.
3. Combine red wine vinegar, soy sauce, brown sugar, pineapple juice, pineapple chunks, soybean oil, and chicken broth. Add to pork.
4. Simmer until sugar is dissolved and pineapple is hot (10-15 minutes).
5. Combine corn starch, 1 cup water, ground ginger and garlic powder. Combine to make a smooth paste.
6. Pour paste slowly over pork, stirring constantly. Cook until thickened and clear.
7. Steam carrots until tender and add to mixture.
8. Sauté onions and green peppers, and add to mixture.
9. Stir in cooked snow peas just before serving.

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth and soy sauce that contains 72-560 mg of sodium per serving. Using chicken broth and soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



BBQ Pork Chops (#69)

Yield: 25 servings
Serving size: 1 pork chop

Ingredients

- 9.25 lbs pork chop-raw, bone in, skin removed
- 1 cup distilled vinegar
- 1 ¼ cups ketchup
- 1 Tbsp vegetable oil
- 3 Tbsp celery seeds
- 4 tsp nutmeg
- 3 cups water

Directions

1. Preheat oven to 325°F.
2. In a skillet, heat vegetable oil and brown both sides of pork loin.
3. In a bowl combine ketchup, celery seed, nutmeg, distilled vinegar and water. Pour over chops.
4. Bake in oven for 90 minutes. Turn chops once and slice pork loin into 25 portions when cooked.

Nutrition Facts

Serving Size: 1 serving

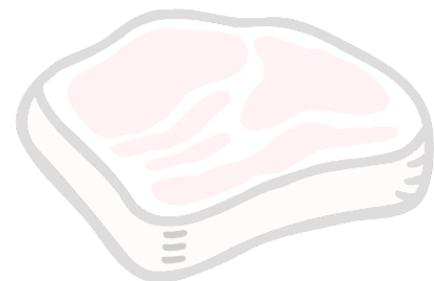
| Amount Per Serving | | | |
|---------------------------|--------|--------------------------|-----|
| Calories | 171 | Calories from Fat | 59 |
| | | % Daily Value | |
| Total Fat | 7 g | | 10% |
| Saturated Fat | 2 g | | 9% |
| Trans Fat | 0 g | | |
| Cholesterol | 71 mg | | 24% |
| Sodium | 171 mg | | 11% |
| Total Carbohydrate | 3 g | | 3% |
| Dietary Fiber | 0 g | | 1% |
| Sugars | 3 g | | |
| Protein | 23 g | | |
| Vitamin A | 11% | Calcium | 4% |
| Vitamin C | 2% | Iron | 17% |

Recommendations & Requirements

Recommendations

- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Molokai Roast Pork w/ Peanut Butter Crust (#81)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork loin-raw, lean
1 cup orange juice
½ cup peanut butter, low sodium
½ cup soy sauce, low sodium
4 Tbsp ground black pepper
¼ cup garlic cloves, minced

Directions

1. Preheat oven to 400°F.
2. Wash the pork loin and season with ground black pepper and minced garlic.
3. Roast pork for 2-2 1/2 hours.
4. About 30 minutes before roast is done and every trace of pink is gone, combine peanut butter, soy sauce and orange juice and brush over roast.
5. Continue cooking and basting until roast is crisp looking.
6. Garnish with slice of orange, limes or kumquats (optional).

Nutrition Facts

Serving Size: 1 serving

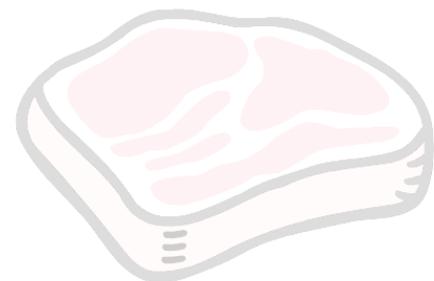
| Amount Per Serving | | | |
|---------------------------|--------|--------------------------|-----|
| Calories | 166 | Calories from Fat | 50 |
| | | % Daily Value | |
| Total Fat | 6 g | | 9% |
| Saturated Fat | 1 g | | 7% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 239 mg | | 15% |
| Total Carbohydrate | 4 g | | 3% |
| Dietary Fiber | 1 g | | 2% |
| Sugars | 2 g | | |
| Protein | 24 g | | |
| Vitamin A | 3% | Calcium | 1% |
| Vitamin C | 4% | Iron | 15% |

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Sweet and Sour Pork (#122)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

7.25 lbs pork tenderloin-raw, bone & skin removed
1 ½ onions, chopped
1 green pepper, chopped
½ cup chicken broth, low sodium
5 lbs pineapple chunks, canned, in juice (#10 can, drained)
2 Tbsp dry sherry
1 cup red wine vinegar
1 Tbsp soybean oil
2 Tbsp soy sauce, low sodium
2 Tbsp cornstarch
2 Tbsp brown sugar
½ cup ginger

Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|--------|-------------------|-----|
| Calories | 199 | Calories from Fat | 33 |
| | | % Daily Value | |
| Total Fat | 4 g | | 6% |
| Saturated Fat | 1 g | | 6% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 104 mg | | 7% |
| Total Carbohydrate | 16 g | | 13% |
| Dietary Fiber | 1 g | | 4% |
| Sugars | 13 g | | |
| Protein | 23 g | | |
| Vitamin A | 2% | Calcium | 1% |
| Vitamin C | 15% | Iron | 21% |

Directions

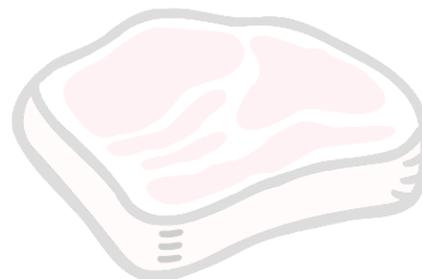
1. Drain canned pineapple; reserve juice. In large skillet heat the soybean oil over medium-high heat; add pork and brown on all sides. Pour off excess fat. Return to skillet.
2. Add pineapple juice, chicken broth, red wine vinegar, brown sugar, soy sauce and ground ginger. Bring to boil.
3. Reduce heat; cover and simmer for 30 minutes or until pork is tender.
4. Add pineapple chunks, green pepper and onion and cover, simmer for an additional 5 minutes.
5. Mix cornstarch and sherry in a bowl and add mixture into skillet. Stirring constantly, bring to boil over medium heat and boil for 1 minute. Serve over rice.

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Ginger Sherry Pork Chops (#134)

Yield: 25 servings
Serving size: 1 pork chop

Ingredients

9.25 lbs pork chop-raw, bone in, skin removed
1 cup honey
3 cups dry sherry
1 cup soy sauce, low sodium
½ cup soybean oil
1 Tbsp garlic, minced
1 ½ Tbsp ground ginger

Directions

1. Preheat oven to 375°F.
2. Combine all ingredients except the pork.
3. Place the pork in a pan and coat with marinade.
4. Cover and refrigerate for at least 1 hour. Remove pork and reserve the marinade.
5. Cook pork until tender.
6. Bring marinade to complete boil and add all purpose flour or cornstarch to thicken, if necessary.

Nutrition Facts

Serving Size: 1 serving

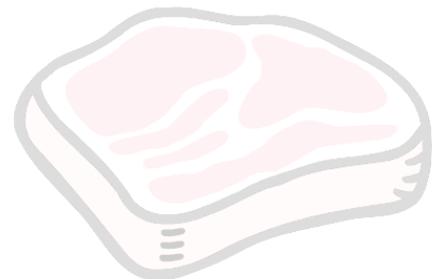
| Amount Per Serving | | | |
|---------------------------|--------|----------------------|-----|
| Calories | 280 | Calories from Fat 98 | |
| | | % Daily Value | |
| Total Fat | 11g | | 17% |
| Saturated Fat | 3 g | | 12% |
| Trans Fat | 0 g | | |
| Cholesterol | 71 mg | | 24% |
| Sodium | 407 mg | | 26% |
| Total Carbohydrate | 12 g | | 9% |
| Dietary Fiber | 0 g | | 0% |
| Sugars | 10 g | | |
| Protein | 24 g | | |
| Vitamin A | 0% | Calcium | 2% |
| Vitamin C | 0% | Iron | 12% |

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked Breaded Pork Chops (#188)

Yield: 25 servings
Serving size: 1 pork chop

Ingredients

9.25 lbs pork chop- raw, bone in, skin removed
 ½ lb breadcrumbs, plain
 1 Tbsp Mrs. Dash seasoning
 1 ½ garlic cloves, minced
 ½ tsp oregano
 ½ tsp paprika
 Nonstick cooking spray

Directions

1. Preheat oven to 350°F.
2. Season pork chops with all ingredients, except breadcrumbs.
3. Pour breadcrumbs in a bowl and cover each pork chop evenly, on both sides.
4. Spray baking pan with nonstick cooking spray and arrange pork chops on tray.
5. Bake for approximately 3 hours.

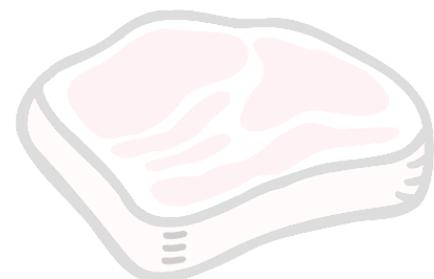
Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|--------|--------------------------|----------------------|
| Calories | 189 | Calories from Fat | 60 |
| | | | % Daily Value |
| Total Fat | 7 g | | 11% |
| Saturated Fat | 2 g | | 9% |
| Trans Fat | 0 g | | |
| Cholesterol | 72 mg | | 24% |
| Sodium | 114 mg | | 7% |
| Total Carbohydrate | 7 g | | 5% |
| Dietary Fiber | 1 g | | 2% |
| Sugars | 1 g | | |
| Protein | 24 g | | |
| Vitamin A | 2% | Calcium | 3% |
| Vitamin C | 0% | Iron | 14% |

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked Pork (#192)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork tenderloin-raw, bone & skin removed
¼ cup vegetable oil
1 Tbsp distilled vinegar
2 Tbsp Mrs. Dash seasoning
½ Tbsp garlic powder
½ Tbsp oregano
1 tsp sage
1 tsp tarragon

Directions

1. Preheat oven to 400°F.
2. Blend all ingredients together and season meat.
3. Bake for approximately 3 hours.
4. When cooked, take pork tenderloin out to slice into individual portions and arrange on tray.
5. Place in oven at a low temperature to keep warm until serving time, if necessary.

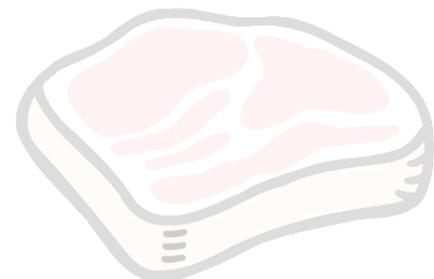
Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|-------|--------------------------|-----|
| Calories | 142 | Calories from Fat | 47 |
| | | % Daily Value | |
| Total Fat | 5 g | | 8% |
| Saturated Fat | 1 g | | 6% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 49 mg | | 3% |
| Total Carbohydrate | 0 g | | 0% |
| Dietary Fiber | 0 g | | 0% |
| Sugars | 0 g | | |
| Protein | 22 g | | |
| Vitamin A | 1% | Calcium | 1% |
| Vitamin C | 0% | Iron | 13% |

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Fresh Pork Chops (#240)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

7.25 lbs pork tenderloin-raw, bone & skin removed
8 eggs
¼ cup vegetable oil
4 cups all purpose flour
2 Tbsp garlic powder
2 Tbsp onion powder

Directions

1. Preheat the oven to 350°F.
2. Rinse and pat dry pork chops.
3. Coat the oven pans with vegetable oil.
4. In a deep bowl combine all purpose flour, garlic and onion powder. Mix well.
5. Prepare beaten eggs in a separate bowl.
6. Dip pork chop in all purpose flour, then in egg mixture and all purpose flour again.
7. Cook the pork chop over medium-high heat for 5 minutes on each side until coating is browned.
8. Transfer the pork chops to a 9x13 inch dish and cover with foil.
9. Bake for 1 hour.

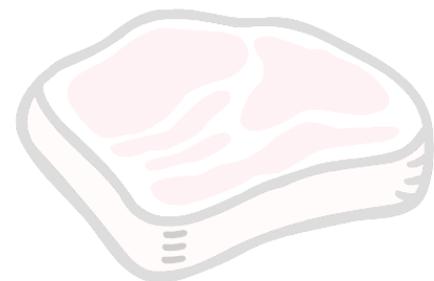
Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|--------|--------------------------|-----|
| Calories | 240 | Calories from Fat | 62 |
| | | % Daily Value | |
| Total Fat | 7 g | | 11% |
| Saturated Fat | 2 g | | 9% |
| Trans Fat | 0 g | | |
| Cholesterol | 122 mg | | 41% |
| Sodium | 72 mg | | 5% |
| Total Carbohydrate | 16 g | | 13% |
| Dietary Fiber | 1 g | | 2% |
| Sugars | 0 g | | |
| Protein | 27 g | | |
| Vitamin A | 10% | Calcium | 2% |
| Vitamin C | 0% | Iron | 28% |

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Pork with Zesty Cilantro Sauce (#238)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork tenderloin-raw, bone & skin removed
 ¾ cup lime juice
 1 ½ cups vegetable oil
 1 ½ tsp chili powder
 6 cups cilantro
 3 tsp cumin
 6 garlic cloves, minced
 1 ½ tsp thyme, dried

Directions

1. Sprinkle pork with cumin, chili powder and thyme.
2. Grill pork tenderloin over direct heat, turning once.
3. In a food processor blend cilantro and garlic.
4. Add vegetable oil, lime juice and remaining spices until smooth.
5. Serve sauce with pork.

Nutrition Facts

Serving Size: 1 serving

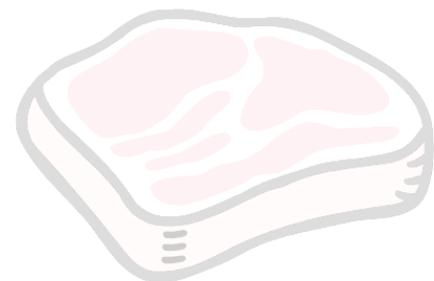
| Amount Per Serving | | | |
|---------------------------|-------|--------------------------|-----|
| Calories | 242 | Calories from Fat | 145 |
| | | % Daily Value | |
| Total Fat | 16 g | | 26% |
| Saturated Fat | 3 g | | 12% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 54 mg | | 3% |
| Total Carbohydrate | 1 g | | 1% |
| Dietary Fiber | 1 g | | 1% |
| Sugars | 0 g | | |
| Protein | 23 g | | |
| Vitamin A | 35% | Calcium | 1% |
| Vitamin C | 5% | Iron | 17% |

Recommendations & Requirements

Recommendations

- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Italian Roasted Pork Tenderloin (#263)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.25 lbs pork loin-raw, bone & skin removed
Nonstick cooking spray
2 Tbsp vegetable oil
2 tsp ground black pepper
1 ½ Tbsp fennel seeds
2 garlic cloves, minced

Directions

1. Preheat oven to 375°F.
2. Spray rack of a shallow roasting pan with nonstick cooking spray.
3. Remove fat from pork (if any).
4. Combine all seasonings in a bowl to make a paste.
5. Rub paste onto pork. Place pork on rack in the roasting pan. Insert meat thermometer so that the tip is the center of the thickest part of the pork.
6. Roast uncovered about 1 hour for medium doneness.

Nutrition Facts

Serving Size: 1 serving

| Amount Per Serving | | | |
|---------------------------|-------|--------------------------|-----|
| Calories | 133 | Calories from Fat | 37 |
| | | % Daily Value | |
| Total Fat | 4 g | | 7% |
| Saturated Fat | 1 g | | 5% |
| Trans Fat | 0 g | | |
| Cholesterol | 62 mg | | 21% |
| Sodium | 49 mg | | 3% |
| Total Carbohydrate | 0 g | | 0% |
| Dietary Fiber | 1 g | | 1% |
| Sugars | 0 g | | |
| Protein | 22 g | | |
| Vitamin A | 0% | Calcium | 1% |
| Vitamin C | 0% | Iron | 13% |

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

