

# Free Aprons Offered For Pork Recipes

BY LOU ANN GOOD  
ALBURTIS (Lehigh) — Good news for those who cook. Free barbecue aprons are being given to two hundred people who contribute a pork recipe to the "Home On The Range" column of "Lancaster Farming."

Pork has changed in recent years. The state Pork Women's Council wants consumers to be aware of pork's new image by trying new ways with pork. What's more convincing than tasting it when you try some new recipes? To encourage pork consumption, the council is giving the aprons to the first 200 people who submit a pork recipe to our "Home on the Range" column.

The aprons are made from high quality, navy blue cloth featuring a full-length chef-style stamped with the logo, "Pork the other white meat." They are suitable for men and women, but are limited to one per family.

So, dig out your pork recipes. Whether it is stir-fry, grilled, broiled or cooked, select one and send it to "Lancaster Farming Pork Promotion," P.O. Box 366, Lititz, PA 17543. Remember one per family. Allow eight weeks for your apron delivery.

The promotion is the brain child of Darlene Burkholder, the National Pork Women's Council Director and head of state promotion. Darlene hails from Alburtis in Lehigh County. She is a full time registered nurse who through the urging of her husband, Stephen, became involved in the council. Stephen is a nationally known pork producer who carries the title of 1988 PA Pork All-American. He operates a farrow to finish operation of 100 sows. For many years, he, with other producer friends, attended the national conventions held in Des Moines, Iowa. His wife recalls, "He kept begging me to accompany him."

When she did, she became enthusiastically involved in the organization. "We've got to educate the public that pork is no longer considered unhealthy," she said. "People ruin pork and destroy it by overcooking. It's no longer necessary to cook pork to death to kill germs."

She said that many of her pork recipes can be cooked within 15 minutes. And she prefers to use ground pork in place of ground beef.

Darlene backs up her push for pork by quoting facts released by the National Pork Producers Council.

•Today's hog is 50% leaner than the animal of 25 years ago. Improved genetics and feeding practices have produced a dramatic change in body composition of



**Darlene Burkholder, National Pork Women's Council Director, models one of the 200 aprons the council is giving away. If you would like one of the aprons, send a pork recipe to "Lancaster Farming Pork Promotion" P.O. Box 366, Lititz, PA 17543.**

s of cooked, lean pork contain about 9 grams of fat. As little as one-third of the fat in pork is saturated, and 45 to 50 percent monounsaturated.

•Calorie-Conscious Consumers Count on Pork. Lean pork cuts (loin, tenderloin, and fresh leg or cured ham, for example) average around 200 calories or less for a three-ounce serving. That's 10% or less of calories required for an average, lightly-active woman. Whether you're maintaining weight or on a weight-loss diet, fresh pork fits in.

•Cholesterol Counters Take

tein. Pork is a primary source of dietary thiamin, and is a rich source of vitamins B-6, B-12, niacin, and riboflavin. Pork is also a good source of "heme" iron, the most readily absorbed form of dietary iron.

•Pork: Wholesomeness Assured. The U.S. pork industry's goal is production of wholesome, lean, nutritious product for the consumer. With that goal in mind, scrupulous growing practices assure pro products that are safe and wholesome. The ages-old fear of trichinosis is unfounded today, as the incidence of trichinae infection

**Today's hog has slimmed down and is 50% leaner than the animal of 25 years ago...**

Note. Limiting cholesterol in your diet? Choose lean pork. Three ounces of pork loin contain about 76 milligrams of cholesterol, representing 26 percent of the American Heart Association's recommended maximum of less than 300 milligrams of dietary cholesterol per day. Pork's cholesterol content is about the same as a serving of roast chicken (skin off), dark

in U.S. hogs today is nearly nonexistent. Today's pork can be enjoyed cooked to a medium 160 degrees internal temperature.

•Flash in the Pan versatility. A wide variety of fresh pork cuts are available, and today's boneless pork frees the consumer by offering recipe-ready versatility. Whole tenderloin can be roasted 25 minutes, sauteed as medallions (8 minutes), sliced for stir-fry (10 minutes). These and many other fast preparations methods apply to other lean, boneless pork cuts like the loin and fresh ham.

•The taste that can't be beat. Consumer research shows that people like the taste of pork. And today's lean pork offers more taste sensations than ever before—tender, flavorful pork marries well with other flavors. Every national cuisine features a favorite pork dish.

Don't forget, send in your recipe for your free apron and try new ways of cooking with pork.

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hogs. Recent USDA research confirms that today's fresh pork is a lean product, containing only about 198 calories per three-ounce serving.

•Trim Hogs Equal less fat. Fat as a pig? Not today. Today's hog has slimmed down, and fresh pork contains considerably less fat than some people assume. Three ounce-

turkey meat, or lean beef.

•Pork: A nutrient-rich package. Pork is what many nutritionists call a "nutrient-dense" food because it supplies a high amount of essential nutrients for a relatively low amount of calories. A three-ounce serving of pork provides about half of the adult recommended daily allowance for pro-

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