



# Home On The Range



## New Tastes In Pork

Fresh pork has shaped up and slimmed down so much in recent years that it's on the average 31 percent lower in fat, 14 percent lower in calories, and 10 percent lower in cholesterol than in 1983.

That makes fresh pork fit perfectly into any diet. Pork is what many nutritionists call a "nutrient-dense" food because it has a high ratio of nutrients to calories.

A 3-ounce serving of cooked lean pork has 198 calories; that's only 7 to 10 percent of the recommended calorie intake for adult men and women. On the other hand, pork is a complete protein containing all the essential amino acids and is a good source of zinc, iron, and B-vitamins, especially thiamin. There are so many different fresh and cured cuts, pork could actually be served seven days a week and provide great menu variety.

Try these recipes and discover how easy it is to enjoy pork in your diet.

### HAM-WRAPPED PINEAPPLE SPEARS WITH HONEY-LIME DIP

20 spears fresh or canned pineapple, drained

20 wafer-thin slices smoked ham

1 cup light sour cream  
3 tablespoons lime juice  
3 tablespoons honey  
½ teaspoon nutmeg

Wrap each pineapple spear with slice of ham. In small bowl, whisk together sour cream, lime juice, honey and nutmeg to make dip. Place bowl in center of serving tray and arrange ham-wrapped pineapple spears around dip.

### CHEESY SAUSAGE STRATA

½ pound pork sausage  
½ pound mozzarella cheese, grated

2 cups leftover bread cubes  
4 eggs  
1½ cups milk  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon nutmeg

Grease a 10-inch deep-dish pie plate or a 9-inch square pan. In skillet, brown and crumble sausage, drain and set aside. Spread bread cubes over bottom of dish, top with sausage and grated cheese. Beat together remaining ingredients and pour over cheese and sausage. Bake at 350 degrees for 45 minutes, until lightly browned. Let stand 10 minutes before cutting. Makes 6 to 8 servings.

### SAUSAGE-STUFFED PORK LOIN WITH APRICOT-MUSTARD GLAZE

4-5 pounds boneless pork loin, trimmed of fat

1 pound smoked pork sausage, wrapped tightly in foil and frozen  
6 tablespoons apricot jam  
2 tablespoons Dijon-style mustard

2 tablespoons soy sauce  
2 tablespoons brown sugar  
1 teaspoon crushed red chiles  
Preheat oven to 350 degrees.

Insert long slicing knife into center of face of pork loin, piercing pork loin through center. Withdraw knife and insert knife into face of pork loin at an angle perpendicular to the first cut (creating an X in the face of pork loin).

Unwrap frozen smoked sausage; holding pork loin in one hand and sausage in other, force sausage into the pork loin through the X cut in the face of the loin. If sausage is longer than loin and protrudes out of end of loin, trim off excess sausage and discard.

Place sausage stuffed loin on rack in shallow pan. Roast in 350 degree oven for 45 minutes. Meanwhile, in small bowl stir together well the remaining ingredients for glaze. After loin has roasted for 45 minutes, pour glaze over pork and continue to roast for 15-20 minutes more, brushing pork occasionally with glaze mixture from bottom of pan. Roast pork to an internal temperature of 155-160 degrees.

Remove pork from oven; let rest 10 to 15 minutes before slicing to serve. Serves 20.

### APPLE-SAUSAGE COFFEECAKE

4 sausage patties  
2 large tart apples, peeled, cored, sliced ¼ -inch thick  
2 tablespoons brown sugar  
1 teaspoon cinnamon  
1 tablespoon butter  
1½ cups pancake batter

Preheat oven to 450 degrees. In a large skillet, saute sausage until browned. Pour off any fat from skillet, add apple slices, sprinkle with sugar and cinnamon. Saute one to two minutes until apples just lose their crispness.

Place the butter in a well-seasoned 9-inch iron skillet and heat in preheated oven until bubbly and hot. Arrange the sausage patties in the pan, cover with apples, distributing evenly.

Pour the batter over the apples and bake until nicely browned, about 8 to 10 minutes. Cut into pie-shaped wedges and serve immediately. Serves 6 to 8.



Chilly days are just right for a traditional pork roast. Try a special glaze, sauce or relish to add flavor — not fat — to boneless pork loin.

### LEMON-MARMALADE CHOPS

Heat heavy skillet over medium-high heat; brush with a little oil. Sprinkle lemon pepper on both sides of 4 boneless pork loin chops, 1-inch thick.

Add chops to heated skillet and panbroil about 5 minutes per side. Remove chops from pan; keep warm.

Carefully add 2 tablespoons cider vinegar and 4 tablespoons lemon marmalade to pan, stirring and scraping up any brown bits. Pour pan sauce over chops to serve. Serves 4.

Nat. Pork Producers Council

### PORK MEATBALLS STROGANOFF

1 pound lean ground pork  
½ cup soft bread crumbs  
1 egg, beaten  
1 teaspoon salt  
½ teaspoon pepper  
2 tablespoons vegetable oil  
8 ounces fresh mushrooms, cut into quarters  
1 small onion, chopped  
1 tablespoon all-purpose flour  
½ cup water  
½ cup dairy sour cream  
Hot cooked noodles  
Snipped parsley, optional

In a mixing bowl, combine ground pork, bread crumbs, egg, salt and pepper; mix well. Shape

into 12 meatballs. In a large skillet; brown meatballs in hot oil; remove. Pour off pan drippings, reserving 2 tablespoons in skillet. Cook mushrooms and onion in drippings until tender, about 3 minutes. Add flour; cook and stir for 1 to 2 minutes or until thick-

ened and bubbly. Stir in water. Return meatballs to skillet. Simmer, covered, 20 minutes. Remove from heat; stir in sour cream. Serve over hot cooked noodles. Sprinkle with parsley, if desired. Servings 4.

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## Featured Recipe

Natalie Dawn Welch was selected from 31 county dairy princesses to become the 38th Pennsylvania Dairy Princess.

The main duty of dairy princesses is to educate people about the importance of including dairy products in their diets.

Dairy products are the best natural source of calcium — far better than supplements that lack riboflavin, potassium, and vitamin D, which are necessary for the assimilation of calcium.

The princesses take this message to schools, stores, fairs, and other public functions where they often hand out dairy products. They also appear on radio and television programs and write newspaper articles in support of the industry.

Read about the pageant and the newly-crowned state princess in a feature story in this section. Below is one of Natalie's favorite recipes.

A collection of Royal Recipes, one from each of the 31 dairy princesses is available from your county dairy princess. Contact her or Pennsylvania Dairy Princess and Promotion Services, Inc., 214 South Street, Box 640, Clarion, PA 16214.

### MUSHROOM APPETIZERS

8 ounces cream cheese  
1 tablespoon bacon bit  
1 teaspoon chives  
20 large mushrooms

Mix together all ingredients except mushrooms. Remove the tops from the mushrooms. Fill the tops with mixture. Broil for 3 to 5 minutes. Serves 20.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

### October

- 8- National Chicken Month
- 15- Seafood Favorites
- 22- Pizza and Apple Month
- 29- Pumpkin Time