



These dishes demonstrate the many different flavors of pork that depend upon various methods of cooking and seasoning. Participants who sampled the dishes gave enthusiastic support for the flavorful taste of each one.

Pork Cuts With Less Fat Than Skinless Chicken

LOU ANN GOOD

Lancaster Farming Staff

LEESPORT (Berks Co.) — The

fragrance of pork and aromatic seasoning wafted throughout the offices of the Berks County extension office this week. Homemakers searching for new ideas for preparing nutritious and healthful meals attended the cooking session and learned that pork actually has less fat than skinless chicken thighs.

Home economist Fay Strickler with the help of Ann Marie Schick and Alice Torres demonstrated several different recipes all of which may be prepared in 20 minutes or less with the exception of the pork roast.

Participants tasted the prepared dishes and enthusiastically gave their seal of approval for the succulent and different flavors that pork offers.

Fresh pork has shaped up and

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

Livestock extension agent Clyde Myers said that leaner pork is the result of genetics and modern feeding practices.

Schick, a pork producer, said that contrary to popular opinion, a pig will not overeat. She demon-

(Turn to Page B3)

Homestead Notes



Anne Marie Schick, left, and Fay Strickler prepare the dishes while talking about the need to add variety to meals, which makes it easier to receive all 50 nutrients the body needs for good health.



Clyde Myers, Berks County livestock extension agent, talks about genetic and feeding programs that have changed pork in recent years.