

# Pork Cuts With Less Fat

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strated how to cut a boneless loin, stuff with filling, and roll back up. Schick often prepares pork in the microwave but warned against overcooking.

Lean pork should only be cooked to an internal temperature of 160 degrees. Years ago, when pork was fatty, it could be cooked for hours and remain tender because plenty of fat juices remained. But today's lean pork becomes dry if it is overcooked.

A three-ounce serving of roasted pork tenderloin has 4.1 grams of fat, 67 milligrams of cholesterol, and 139 calories compared to a roasted, skinless chicken breast, which has 3 grams of fat, 73 milligrams of cholesterol, and 140 calories. A skinless chicken thigh has 9.3 grams of fat, 81 milligrams of cholesterol, and 178 calories.

Here are the recipes prepared during the workshop.

## PEACHY PORK PICANTE

1 pound boneless pork loin  
1 tablespoon taco seasoning mix  
2 tablespoons minced parsley  
2 teaspoons vegetable oil  
8-ounces salsa, chunky style  
¼ cup peach preserve

Cut pork loin into one-inch cubes. Combine taco seasoning and parsley; coat pork cubes with seasoning mixture. Heat oil in

heavy skillet over medium-high heat. Add pork, cook and stir to brown, about 3-5 minutes. Add salsa and preserves to pan, lower heat, cook and simmer until tender, about 15 minutes. Serves 4.

263 calories, 24 gram protein, 9 grams fat, 762 mg sodium, 70 mg cholesterol.

Serve over rice.

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Southwestern Stir-Fry uses pork tenderloin, the leanest cut of pork.



Fay Strickler, extension home economist, prepares Sausages Baked In Batter.



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