

Portobello Pork Chops

- 4 bone-in pork rib or loin chops, ¾-inch thick
- 1½ cups mild chunky salsa
- 1 cup chopped Portobello mushrooms
- 1 cup shredded cheddar cheese
- 2 tablespoons maple syrup
- ¼ cup snipped fresh parsley

Heat oven to 375°F. Trim fat from chops. Spoon salsa into a 3-quart rectangular baking dish. Arrange chops on top of salsa. Combine Portobello mushrooms, cheddar cheese and maple syrup in a medium bowl. Spoon over chops. Bake, uncovered, for 25 to 30 minutes. Sprinkle with parsley. Serve chops with salsa mixture. Makes 4 servings.

Nutrition Facts: Calories-328, Protein-31g, Fat-16g, Sodium-648mg, Cholesterol-93mg, Saturated Fat-8g, Carbohydrates-14g, Fiber-2g

For more delicious pork recipes visit PorkBeInspired.com



every DAY™

Juicy News!



Pork chops, roasts and tenderloins can be safely cooked to medium rare at a final internal cooked temperature of 145°F, as measured by a food thermometer, followed by a three-minute rest time. Ground pork, like all ground meats, should be cooked to 160°F.

Another tip: When cooking in glass, decrease oven temperature 25° F.

Contact us

Visit the Utah Pork Producers Association on the web to view scholarships, membership opportunities and recipes at UtahPorkProducers.org

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Farmers Feeding Families



Pigs and Pork in Utah



Facts

- The first pigs came to Utah with the pioneers in 1847.
- A total of 1.3 million pigs valued at \$170 million were on Utah farms in 2008.
- Utah is 15th in swine production in the U.S.
- The Utah pork industry plays a significant role in the state's economy.
- Don't overcook pork chops; they can have a slight blush of pink in the center when done. Only turn chops ONCE!
- Bacon placed in the freezer should be cooked within one month—ham within 3 months.



Did You Know?

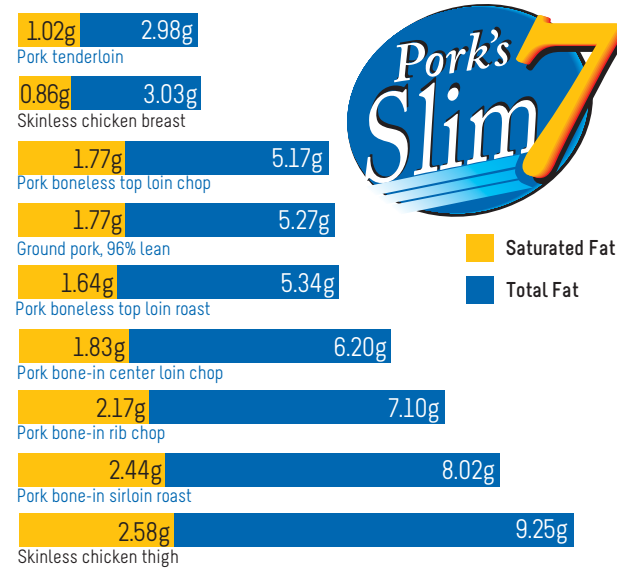
- Canadian bacon is actually cured pork loin. It is an extremely lean choice, with only 2g of fat per slice. The taste and texture are similar to ham. This would be a very healthy snack.
- For best results when barbecuing ribs do not apply the sauce until the last 15-30 minutes of cooking.



Trailer

Utah Pork Producers take their Mobile Classroom mainly to the Utah State Fair and Agriculture in the Classroom Farm Field Days. There are many educational and hands on displays inside this trailer.

Delicious... & Nutritious!

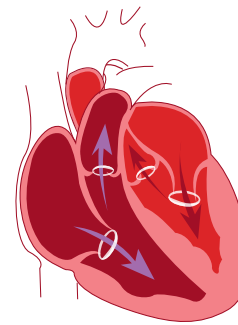


Based on 3-oz cooked servings (roasted or broiled), visible fat and skin trimmed after cooking. Reference: U.S. Department of Agriculture, Agriculture Research Service, 2006.



Byproducts & Medical

- Insulin from pigs is used to treat diabetes.
- Pig heart valves are used to replace damaged or diseased human heart valves.
- Skin from pigs is used to treat severe burn victims.
- Clothing, shoes, crayons, paintbrushes, insulation and more can all be made from pigs.



Definitions

Sow: Mature female pig
 Gilt: Young female pig
 Boar: Mature male pig
 Barrow: Male pig that has been castrated
 Piglet: Newborn pig

Litter: All piglets born on the same day to a sow
 Hog: Mature pigs
 Pork: Meat from pigs
 Swine: Collective name for all pigs



Shoulder Butt



Tenderloin & Canadian-Style Bacon



Picnic Shoulder



Ribs



Side



Roasts



Leg



Chops

Pork has...

Protein - builds and repairs body tissues
 Iron - helps with energy production
 Zinc - enhances and protects bones
 Vitamin B - ensures healthy nerve tissues
 Thiamine - builds and repairs nerves and muscles

