

Healthy Choices

January 2024

Pork Loin with Veggies

Serves 6

Ingredients:

- 2 cups onions, cut in wedges
- 2 cups potatoes, diced 1 1/2 inch cubed
- 2 cups baby carrots, sliced
- 2 tablespoons vegetable oil (divided)
- 1 1/4 pounds pork loin
- 1 tablespoon brown sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt



Source: Adapted from MyPlate, Iowa State University Extension

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
4. Lay veggies around the edge of a 9x13 inch pan and put in oven.
5. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl.
6. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
7. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2 to 3 minutes per side.
8. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145 °F. Check the temperature after 30 minutes in the oven.
9. Remove from oven. Let set for 5 minutes. Slice and serve.

Nutrition Information: Serving size Approximately 3oz. Meat and 1 cup veggies. 1/6 of recipe, Total Calories 231, Total Fat 7g, Cholesterol 45mg, Sodium 189mg, Carbohydrates 20g, Fiber 3g, Total Sugars 7g, Protein 21g

Remember to stay hydrated these winter months. Drink water instead of sugary drinks, water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

In This Issue

Pork Loin with
Veggies

New Year, Same
Food Safety Steps

Rice Pudding

Wildcat Extension District
620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,
Montgomery, Wilson Counties

Southwind Extension District
620-365-2242

<https://www.southwind.k-state.edu>

Serving: Allen, Bourbon,
Neosho, Woodson Counties



New Year, Same Food Safety Steps

And just like that, another year has come and gone! As we enter a new year, we must follow all the same food safety steps we had in the previous year! Now, if food safety was not at the top of your priority like in 2023, fear not, 2024 will be your year for food safety redemption!

Follow these tips to keep you and your family safe this new year:

CLEAN:

- Wash hands with warm water and soap. Rub hands together for 20 seconds.
- Sanitize Surfaces. Use a solution of 1 TBS of unscented chlorine bleach per gallon of water to sanitize surfaces.
- Clean sweep refrigerated foods once a week. Cooked leftovers should be tossed after 4 days; raw poultry and ground meats, 1-2 days.
- Keep appliances clean. Pay close attention to any handles or buttons.
- Rinse produce. All fresh vegetables and fruits must be rinsed under running water before eating, cutting, or cooking.

SEPARATE:

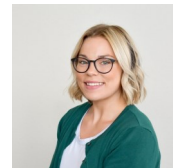
- Separate foods when shopping. Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.
- Separate foods when preparing and serving. Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL SEPARATE:

- Use a food thermometer. To ensure food is safely cooked to be consumed, food must be held at safe temperatures until eaten.
- Cook food to safe internal temperatures. Check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F
- Keep foods at safe temperatures. Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F)



Katherine Pinto
EFNEP/SNAP-Ed Agent
Wildcat Extension District
620-232-1930



Ingredients:

- 1 cup milk
- 1 cup water
- 1 cup rice, uncooked
- 2 eggs
- 1 cup evaporated milk
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/8 teaspoon ground cinnamon
- 1/2 cup raisins (or other dried fruit)

Rice Pudding

1. Wash hands with soap and water.
2. In sauce pan, heat milk and water.
3. Add rice, bring to boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes.
4. In large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside.
5. Add remaining 1/4 cup evaporated milk to rice mixture.
6. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
7. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

Directions:

Nutrition Information: Serving size 1/4 cup, Total Calories 192, Total Fat 5g, Cholesterol 59mg, Sodium 66mg, Carbohydrates 30g, Total Sugar 11g, Protein 6g