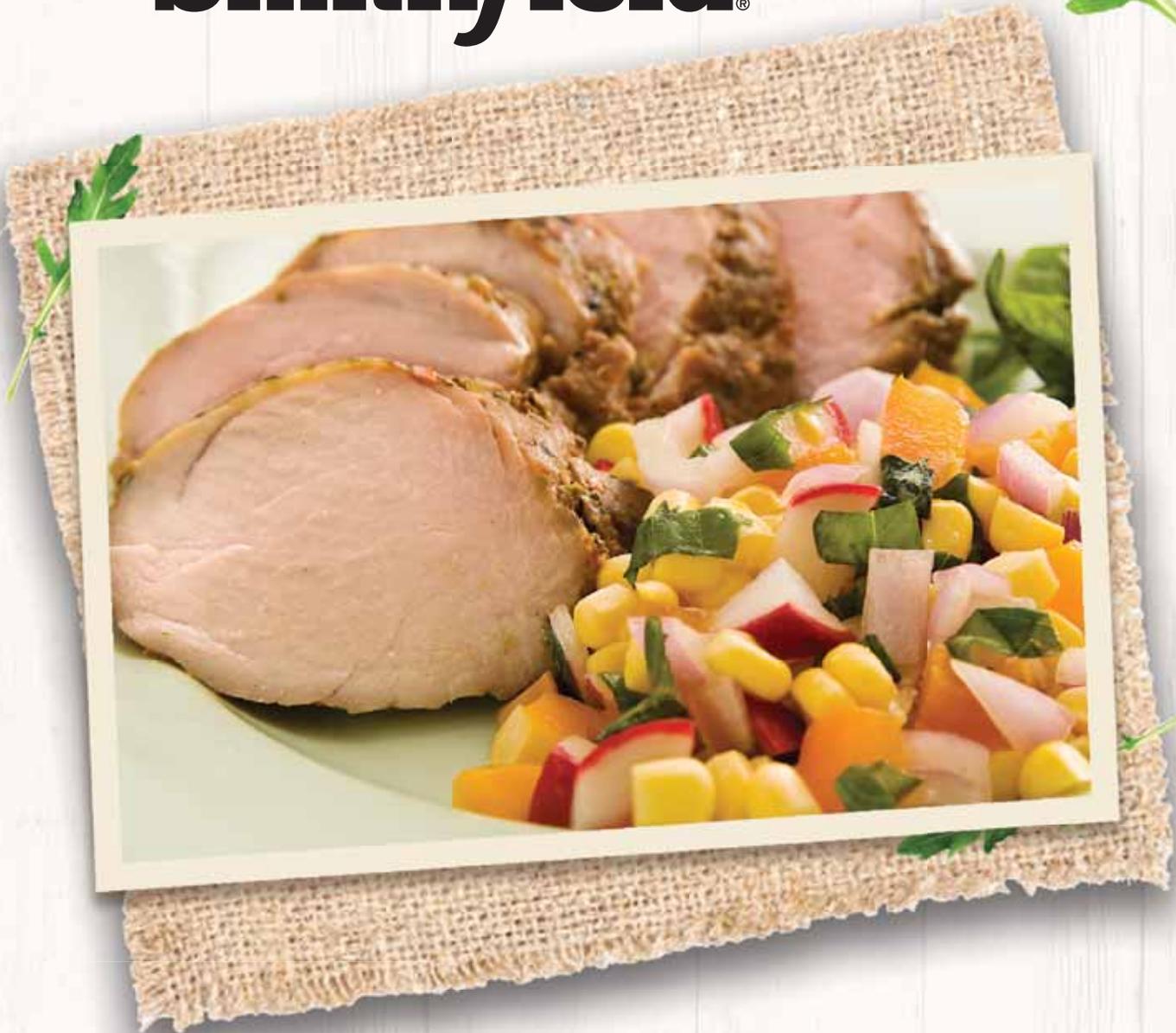
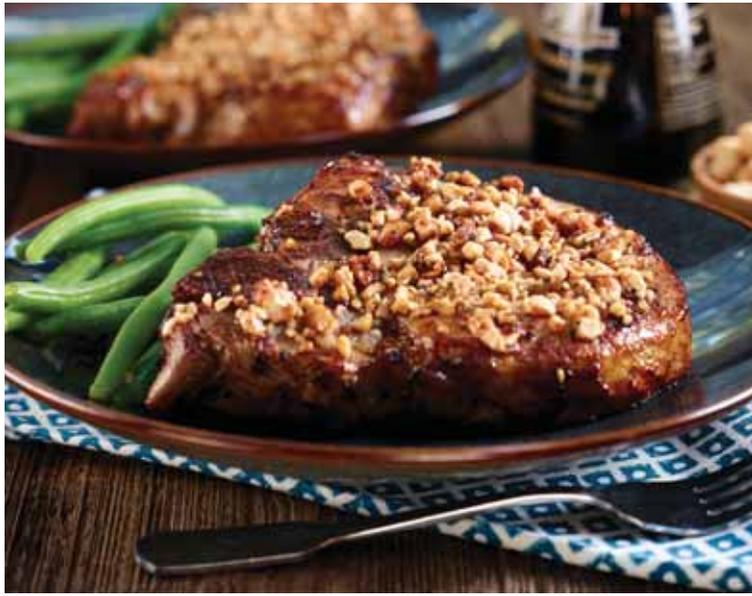


Flavor hails from **Smithfield**



LEARN MORE ABOUT PORK
NUTRITION AND FIND
DELICIOUS RECIPES INSIDE

Cashew Crusted Pork Chops



 **MAKES 4** |  **PREP: 1 HR 10 MINS.** |  **COOK: 20 MINS.**

INGREDIENTS

- 4 **Smithfield® Bone-In or Boneless Pork Chops** (¾-inch thick)
- ¼ cup mild and creamy Dijon mustard
- 2 tablespoons grated fresh ginger
- 2 teaspoons low sodium soy sauce
- ½ cup cashews
- 2 teaspoons coarsely ground black pepper
- 2 tablespoons olive oil

COOKING DIRECTIONS

In a small bowl, combine mustard, ginger and soy sauce; mix well. Combine cashews and pepper in blender or bowl of food processor; process until nuts are finely chopped. Dip each pork chop in mustard to coat all sides, then dip in cashews. Arrange coated chops in single layer on plate; cover and refrigerate 1 to 8 hours. Heat oil in large skillet over medium-high heat. Add chops to skillet. Cook 3 minutes, turn and cook additional 3 minutes to sear surface. Continue cooking until internal temperature reaches 145°F, carefully turning chops occasionally.

NUTRITION INFORMATION PER SERVING

Based on 4 servings per recipe.

Calories: 350 Total Fat: 23 g Saturated Fat: 5 g

Sodium: 520 mg Carbohydrate: 8 g Protein: 26 g

Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

Smithfield®

Grilled Pork & Veggies with Lemon



 **MAKES 4** |  **PREP: 8 MINS.** |  **COOK: 22 MINS.**

INGREDIENTS

- 1 **Smithfield® Prime Pork Tenderloin**, cut into 4 thick slices
- 1 zucchini squash, cut in half lengthwise
- 1 yellow summer squash, cut in half lengthwise
- 1 large portabella mushroom
- ½ large red bell pepper, cut in half lengthwise and flattened with palm of hand
- ½ large red onion, cut into ¾-inch thick slices
- 1 lemon, cut in half crosswise
- 1 tablespoon olive oil
- 2 teaspoons garlic pepper

COOKING DIRECTIONS

Heat charcoal or gas grill to medium-high. Brush both sides of all vegetables and cut sides of lemon with oil. Grill vegetables for 10 minutes, turning occasionally. Add lemon to grill, cut side down, and cook for an additional 2 minutes. Place vegetables and lemons aside on cutting board. Season pork slices with garlic pepper; grill about 5 minutes per side until internal temperature reaches 145°F to 160°F. Meanwhile, coarsely chop the vegetables. Serve vegetables with pork slices on top; squeeze grilled lemon over meat.

NUTRITION INFORMATION PER SERVING

Based on 4 servings per recipe.

Calories: 200 Calories from Fat: 50 Total Fat: 6 g Saturated Fat: 1 g
Trans Fat: 0 g Cholesterol: 75 mg Sodium: 75 mg Total Carbohydrates: 8 g
Dietary Fiber: 2 g Sugars: 4 g Protein: 30 g

Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

Smithfield®

Cracked Pepper Pork Tenderloin Salad with Peaches



 MAKES 4 |  PREP: 20 MINS. |  COOK: 40 MINS.

INGREDIENTS

1 Smithfield® Roasted Garlic and Cracked Pepper Tenderloin	2 large peaches, pitted and cut into eighths
1 cup balsamic vinegar	¼ cup olive oil
½ cup honey, divided	2 oz. (½ cup) honey goat cheese crumbles
1 tablespoon Dijon mustard	1 4.5 oz. container baby kale and spinach mix
1 sprig fresh rosemary	⅓ cup pecan halves, toasted
½ large red onion, thinly sliced	

COOKING DIRECTIONS

Heat oven to 425°F. Place tenderloin on one side of an aluminum foil-lined baking sheet. Bake 20 minutes. Meanwhile, combine balsamic vinegar, ¼ cup honey, mustard, and rosemary in saucepan. Cook over medium-high heat until reduced and thickened, about 20 minutes. After cooking tenderloin 20 minutes, place onions and peaches on the baking sheet. Brush with some of the reduced balsamic vinegar mixture. Continue roasting until internal temperature of pork reaches 145°F. Remove rosemary sprig from balsamic mixture; whisk in remaining ¼ cup honey, and oil. Place in freezer for 5 minutes to thicken. Remove tenderloin, peaches and onions from oven; let pork rest 10 minutes before slicing. Place kale and spinach mix in bowls. Top with thinly sliced tenderloin, peaches, onions, crumbled goat cheese and pecans. Drizzle with balsamic dressing.

NUTRITION INFORMATION PER SERVING

Based on 4 servings per recipe.

Calories: 570 Total Fat: 27 g Saturated Fat: 5 g

Sodium: 370 mg Carbohydrates: 58 g Protein: 27 g

Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

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Good food. Responsibly.®

INVESTING IN
OUR LOCAL
COMMUNITIES

COMMITMENT
TO QUALITY

ALL PRODUCTS
ARE PROUDLY
MADE IN THE USA

Proudly Partnering with Thousands of American Farmers.



SIMPLE DINNER SOLUTIONS



Apricot-Mustard Pork Tenderloin

INGREDIENTS

1 Smithfield® Golden Rotisserie Seasoned Pork Tenderloin

¼ cup prepared yellow mustard

3 tablespoons apricot or peach preserves

COOKING DIRECTIONS:

1. Heat oven to 375°F. Bake tenderloin for approximately 45 minutes until internal temperature reaches 150°F. 2. Meanwhile, combine mustard and preserves in a small bowl; mix well. Brush tenderloin with mustard mixture during the last few minutes of baking. 3. Let tenderloin stand 3 minutes before slicing to serve.

NUTRITION INFORMATION PER SERVING

Based on 4 servings per recipe.

Calories: 170 Calories from Fat: 20 Total Fat: 2.5 g Saturated Fat: 0.5 g Trans Fat: 0 g Cholesterol: 65 mg
Sodium: 400 mg Carbohydrates: 15 g Dietary Fiber: 0 g Sugars: 10 g Protein: 21 g

Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.



Buttery Citrus Pork

INGREDIENTS

1 Smithfield® Garlic and Herb Pork Loin Filet

¼ cup butter

1 lemon

1 tablespoon finely chopped fresh parsley

1 tablespoon olive oil

COOKING DIRECTIONS:

1. Heat oil in large skillet over medium-heat. Add loin to skillet; cook 5 minutes, turn and cook 5 more minutes. Reduce heat to medium-low; cover and cook 7 minutes per side until internal temperature reaches 150°F. Remove pork from skillet and let stand for 3 - 5 minutes. 2. While pork rests, add butter to the same skillet and melt over medium-low heat, scraping bottom and sides. Remove from heat, squeeze lemon into skillet and whisk until well blended. 3. Cut tenderloin into thin slices; serve with lemon butter spooned over slices and sprinkled with parsley.

NUTRITION INFORMATION PER SERVING

Based on 4 servings per recipe.

Calories: 166 Calories from Fat: 60 Total Fat: 7 g Sat Fat: 3 g Trans Fat: 0 g Cholesterol: 70 mg
Sodium: 496 mg Total Carbohydrate: 5 g Dietary Fiber: 0 g Sugars: 1 g Protein: 20 g

Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

Steakhouse Mushroom Marinated Pork Loin Filet

INGREDIENTS

1 Smithfield® Steakhouse Mushroom Marinated Pork Loin Filet

COOKING DIRECTIONS:

Heat oven to 375°F. Bake tenderloin for approximately 45 minutes until internal temperature reaches 150°F. Rest 3 minutes before serving.

NUTRITION INFORMATION PER SERVING

Based on 4 servings per recipe.

Calories: 170 Calories from Fat: 60 Total Fat: 7 g Saturated Fat: 2 g Trans Fat: 0 g Cholesterol: 60 mg
Sodium: 310 mg Total Carbohydrate: 4 g Dietary Fiber: 0 g Sugars: 0 g Protein: 22 g

Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

Smithfield®

KNOW YOUR FRESH PORK NUTRITION



Fresh Pork is a good source of vitamins and minerals including potassium, riboflavin, zinc and is an excellent source of vitamin B6, thiamin, phosphorus, niacin, and protein.



One three-ounce serving of lean fresh pork is a high-protein option, providing 22 grams of protein and only 120 calories.



Pork sirloins and tenderloins are recognized by the American Heart Association as a “heart-healthy food.”

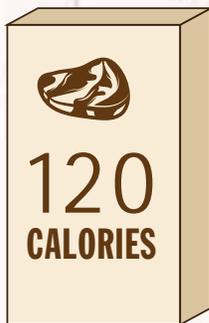


Choose lean pork with the word “loin” such as tenderloin, sirloin roast, or loin chops.

Smithfield

HOW DO PROTEIN RICH FOODS STACK UP?

TO GET
**22 GRAMS
OF PROTEIN**
YOU WOULD NEED TO EAT



**3oz.
FRESH PORK**



**3 1/2
BOILED EGGS**



**1 1/2 CUP
BLACK BEANS**



**6 TBSP
PEANUT BUTTER**

LOOK FOR LEAN, LOW CALORIE SOURCES OF PROTEIN LIKE FRESH PORK THAT PACK A PUNCH

Smithfield.