

MEALTIME Familytime

Healthy Family Eating

from Extension Foods & Nutrition

Menu

- Pork-Sweet Potato Skillet*
- Broccoli*
- Bran Muffin, Margarine*
- Pears
- Milk, 2%

Shopping List

4 thin-cut pork chops (1 lb)
 1 (8 oz) carton apple juice
 1 (17 oz) can sweet potatoes
 1 (16 oz) package frozen broccoli
 1 (16 oz) can pears, juice pack
 1 (7 oz) box bran muffin mix
 margarine
 milk, 2% and skim
 egg
 onion
 flour
 allspice, ground

Family Time

Plan the menu and timing of your meals and snacks then let everyone know the schedule. The structure and reliability of family meals communicates love and security to children.

Studies show that this one dietary factor, structure in meals and snacks, distinguished fat from thinner children.

If a child misses or refuses a meal, the consequence is to wait until the next meal or snack.

Meal Preparation Steps

40 min. before dinner: Helper: Preheat oven to 400°F. Cook: Start pork chops.

25 min. Helper: Prepare bran muffins.

20 min. Cook: Put muffins in oven. Helper and Cook: Continue with skillet dinner.

15 min. Cook: Prepare broccoli. Helper: Set table, including margarine, pears and milk.

Serve: Cook: Take muffins out of oven. Put food in serving bowls and place on table. Eat and enjoy!

Preparation Tips

To microwave broccoli, place in a microwave-safe dish. Cover and cook on High. For a full 16 oz package, cook 8 minutes; for a half package, cook 4 minutes. Stir halfway through cooking time.

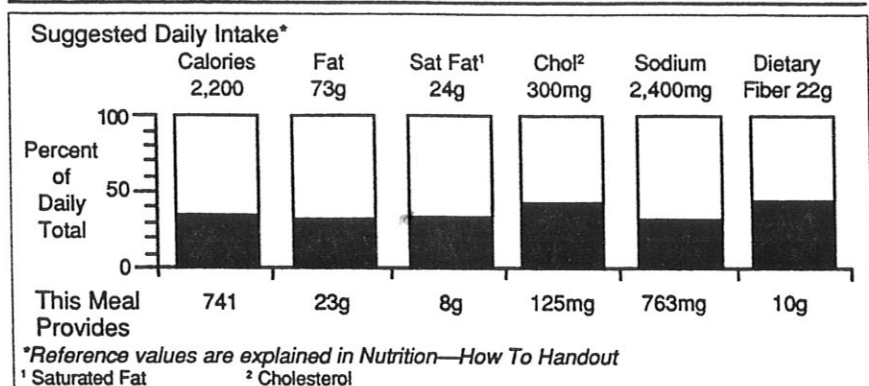
To microwave bran muffins, line microwave-safe muffin cups with paper cupcake liners. Mix batter; spoon into cups, filling about half full. Microwave on High 2 minutes or until tops spring back. Remove muffins from pan immediately.

Keep It Safe

Remember when you were told to cook pork to the well-done stage to avoid trichinellosis? If you're still cooking that way it may be time for a change. *Trichinella spiralis* larvae are easily destroyed by lower temperatures. So, cooking fresh pork to the medium stage (160°F) means you'll have juicier and more succulent meat that is just as safe as meat cooked to a hotter internal temperature.

By the way, pork that has been frozen for a time will also be free of the parasites.

Nutrition of Meal



* Recipe on back

Preparation Time:*Active:* 20 minutes*Total:* 40 minutes4 servings, 1 chop and $\frac{3}{4}$ cup vegetable**Nutrition per Serving**

Calories 270

Total fat 6 grams

Saturated fatty acids 2 grams

Cholesterol 45 milligrams

Sodium 192 milligrams

Dietary fiber 3 grams

Pork-Sweet Potato Skillet

4 thin-cut pork chops (1 lb)

1 cup apple juice or drained liquid from sweet potatoes

 $\frac{1}{2}$ medium onion, cut in $\frac{1}{4}$ -inch slices

1 tablespoon flour

 $\frac{1}{8}$ teaspoon ground allspice $\frac{1}{8}$ teaspoon salt

1 (17 oz) can sweet potatoes, drained

Trim fat from chops. Brown on both sides in hot frying pan. Avoid overcooking to maintain flavor and juiciness. Add $\frac{3}{4}$ cup apple juice or sweet potato liquid. Top with onion slices. Cover and cook 5 minutes at reduced heat. Mix flour and seasonings. Stir into remaining $\frac{1}{4}$ cup apple juice. Stir into liquid in pan. Arrange sweet potatoes around and over chops. Spoon sauce over potatoes. Cover and cook about 10 minutes longer, until potatoes are hot and chops are done.

Preparation Time:*Active:* 5 minutes*Total:* 20 minutes

Makes 6-9 muffins

1 serving = 1 muffin

Nutrition per Serving

Calories 140

Total fat 4 g

Saturated fatty acids 1 g

Cholesterol 28 mg

Sodium 385 mg

Dietary fiber 3 g

Bran Muffin (made from mix)

1 (7 oz) package bran muffin mix

1 egg, lightly beaten

 $\frac{1}{2}$ cup skim milk

Preheat oven to 400°F. Grease 6 large or 9 medium muffin cups. Combine egg, milk and muffin mix in small bowl. Stir just until blended. Fill muffin cups about two-thirds full. Bake 12-14 minutes or until golden brown.

Preparation Time:*Active:* 3 minutes*Total:* 7 minutes

16 oz package serves 5

1 serving = $\frac{1}{2}$ cup**Nutrition per Serving**

Calories 25

Total fat 0 g

Saturated fat 0 g

Cholesterol 0 mg

Sodium 22 mg

Dietary fiber 3 g

Frozen Broccoli

1 (16 oz) package frozen broccoli

 $\frac{1}{2}$ cup water

To cook: In a saucepan, bring water and broccoli to a full boil. Reduce heat, cover and simmer 3 minutes. Drain.

To steam: Place broccoli in steamer basket in saucepan with water. Bring to full boil. Cover and steam about 3 minutes. Drain.

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