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**Healthy Recipes For The Other White Meat
From *Woodland Heights Medical Center***

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Lufkin, Texas – October is National Pork Month, and *Woodland Heights Medical Center* gives amateur cooks plenty of ideas for using this lean, healthy meat. Chef Gary Fick of Maryland shows how to make a traditional favorite, Southern Maryland Stuffed Pork Loin, in an easy-to-follow three-minute cooking video. Please find the recipe (below) and high-resolution image (attached). Five additional recipes on our *Health eCooking* page provide even more options for meals in October.

Nationally Known

According to the U.S. Department of Agriculture, pork is the most widely consumed meat in the world, outpacing chicken by two to one. Pork gets a bad reputation due to its unhealthy derivatives like high-sodium bacon and deli ham. But pork chops and pork tenderloin are lean meats without a lot of extra fat and can be part of a healthy diet. Pork tenderloins have less than 3 grams of fat per three-ounce serving.

Cooking It Right

Still, getting the other white meat right is no small challenge. Without a marinade or careful cooking, pork can get dry or rubbery. Using the wrong kind of marinade or dipping meat in a batter can add unwanted fat and calories. Our recipes provide the perfect balance of taste and wellness. The six new recipes cover a range of courses:

- Spanish Tortilla
- Pork Pot Stickers
- Pulled Pork and Broccoli Raab Hoagie
- Southern Maryland Stuffed Pork Tenderloin
- Honey-Glazed Pork Chops with Grilled Nectarines
- Pork Loin with Watermelon Avocado Salsa

The new recipes will be posted on **October 1, 2009**. All recipes on our site are approved by registered dietitians and tested by professional chefs. Recipes include tips for healthy cooking and verified nutritional values. Our database provides a wide range of options for those in search of heart healthy, gluten free or diabetic recipes.

Southern Maryland Stuffed Pork Tenderloin

Www.woodlandheights.net's new web cooking video features *Health eCooking* Chef Gary Fick as he explains how to make a healthy version of a traditional southern Maryland dinner dish. Fick pounds a 10-pound pork loin flat and rolls a mustard-kale stuffing into it, creating eye-catching pinwheels that go over big at dinner parties. While the traditional method calls for boiling this dish, our test kitchen discovered it tastes great baked as well.

Fick is a native of southern Maryland and is the executive chef of The Crossing At Casey Jones, an award-winning fine dining establishment on Maryland's Eastern Shore. He likes this recipe because it uses kale, a

plentiful but often misunderstood green-leaf vegetable that's full of vitamins K, A and C. "I was excited to be able to share a traditional recipe from my hometown," says Fick.

Southern Maryland Stuffed Pork Loin Recipe

This heart-healthy entree combines elegant presentation with down-home taste. Fresh limes and apple cider make a succulent marinade and fat free, high-fiber kale stuffing adds color and complexity.

Ingredients

1 pork loin (10 lbs), sliced lengthwise*
2 cups apple cider
2 limes, juiced
2 lbs fresh kale
6 stalks celery, chopped
2 yellow onions, chopped
1 bunch watercress or flat-leaf parsley, chopped
4 Tbsp mustard seed
2 Tbsp red pepper flakes
white pepper
Tabasco® sauce
cheesecloth

Submerge pork in apple cider and limejuice. Add lime skins and marinate for two hours.

Blanch kale by adding it to boiling salt water for two minutes and then dunking it in an ice bath.

Combine kale, celery, onions, watercress, mustard seed, pepper flakes and pinch of white pepper in a mixing bowl. Mix thoroughly. Add Tabasco sauce to taste.

Remove pork from marinade and place it flat on cheesecloth. Cover with plastic wrap and pound with a meat mallet evenly.

Remove plastic wrap and spread stuffing over pork in an even layer. Roll pork loin lengthwise and wrap tightly in a cheesecloth, tying both ends securely. Place in boiling water.** Cook until internal temperature reaches 160° on a meat thermometer, approximately two hours. Remove from stove and leave in water until cool, about 60 minutes.

Cut off cheesecloth. Slice and serve.

*Ask your butcher or meat department to trim the pork of all fat

While boiling is the traditional method for making this dish, we found you can roast this dish in the oven as well. **To Roast: Tie pork loin with string instead of wrapping in cheesecloth and use less red pepper and Tabasco sauce to keep it from being too spicy. Heat oven to 350° and place pork loin in a roasting pan. Pour marinade over meat and roast until meat thermometer reads at least 160° (170° for well-done).

Yield: 26 Servings

Nutrition Information Per Serving Calories: 304; Fat: 4g; Saturated Fat: 1g; Cholesterol 96mg; Sodium: 363mg; Carbohydrates: 23g; Fiber: 1g; Protein: 41g

Watch the *Health eCooking Show* and find hundreds of other recipes at: www.woodlandheights.net. Click on *Health eCooking* recipes.

Healthcare publisher Baldwin Publishing (www.BaldwinPublishing.com) produces *The Health eCooking® Show* for Woodland Heights Medical Center. Go to www.woodlandheights.net to watch the *Health eCooking Show*.

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