

Spicy Ground Pork & Zucchini Stir-Fry



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Stir-Fry

Stir-fries are great because of how easy it is to make them balanced meals. Protein and vegetables join forces in the skillet or wok to become a one-pan dinner that needs nothing but rice to round things out. This version is spicy and fragrant, thanks to a healthy dose of Asian chili-garlic sauce and grated fresh ginger.

Ingredients

For the sauce:

3 tablespoons tamari or soy sauce

1 tablespoon grated or minced fresh ginger

1 tablespoon sambal oelek or Asian chili-garlic sauce

2 teaspoons toasted (Asian) sesame oil

For the stir-fry and serving:

1 lb. zucchini (about 3 medium)

2 tablespoons canola or vegetable oil, divided

1 lb. ground pork*

Salt

Freshly ground black pepper

$\frac{1}{4}$ cup thinly sliced scallions

Cooked white or brown rice, for serving

Method

1. Make the sauce: Stir all the ingredients together in a small bowl and set aside.

2. Make the stir-fry: Cut each zucchini in half lengthwise, then slice each half crosswise into 1/2-inch-thick half-moons.

3. Heat a flat-bottomed wok or large frying pan over medium-high heat until a drop of water vaporizes immediately on contact. Drizzle 1 tablespoon of the oil around the pan, add the pork, and season with salt and pepper. Let cook undisturbed for 30 seconds, then break the pork into small, bite-sized pieces and continue stir-frying until it's cooked through and golden-brown, about 5 minutes. Transfer the pork to a paper towel-lined plated and drain the pan of excess fat.

4. Drizzle the remaining 1 tablespoon of oil in the pan, add the zucchini, and spread out into one even layer. Let cook undisturbed for 30 seconds. Stir-fry the zucchini until browned and just tender, about 5 minutes more.

5. Return the pork to the skillet, add the sauce, and stir-fry until the sauce is well-incorporated and the zucchini begins to look glossy, about 30 seconds more. Garnish with the scallions and serve over rice.

Notes

Make ahead: The sauce can be made 1 day in advance and stored in a covered container in the refrigerator. Let the sauce sit at room temperature while preparing the stir-fry, and stir

before adding to the pan.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

* I made this using Target Brand Boneless Sirloin Diced Pork that I ground myself. Served with 1 cup of rice per serving.

9 WW Freestyle SmartPoints per serving using Target Bread Boneless Sirloin. If using regular ground pork, 11 Freestyle SmartPoints.

Source: The Kitchen (4 servings)

Spicy Pork and Vegetable Lettuce Wraps



Spicy Pork and Vegetable Lettuce

Wraps

Lettuce is a favorite food for Chinese New Year because the word for lettuce in Cantonese saang choi is a homonym for prosperity and wealth.

Ingredients

- 2 tablespoons hoisin sauce
- 2 tablespoons sriracha chili sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon peanut oil or vegetable oil
- 1 tablespoon minced ginger root
- $\frac{1}{2}$ lb. uncooked ground pork
- 1 $\frac{1}{2}$ cups, uncooked bell peppers, diced in 1/2-inch pieces
- $\frac{1}{2}$ cup, seedless cucumber, unpeeled (diced)
- $\frac{1}{2}$ cup uncooked scallions, chopped
- 12 leaf/leaves bibb lettuce

Method

1. In a small bowl combine hoisin, sriracha and soy sauce.
2. Heat a 14-inch flat-bottomed wok or 12 inch skillet over medium high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in oil, add ginger, and stir-fry 10 seconds or until fragrant. Add pork and stir-fry 1 minute breaking up pork with metal spatula or until meat is almost cooked. Add bell pepper and stir-fry 30 seconds or until just combined. Swirl in sauce and cover for 30 seconds. Uncover, stir-fry 1 to 2 minutes or until pork is just cooked through. Remove from heat and add cucumber and scallions. Serve with lettuce leaves: have diners put about 1/4 cup of filling in a lettuce leaf, fold leaf over and eat like a taco.

Notes

Yields 3 lettuce wraps per serving.

7 WW Freestyle SmartPoints as prepared. I made with Target Sirloin Diced Pork Cubes that I ground up – this reduced the Freestyle SmartPoints to 5.

Prep

- Total Time: 7 Minutes
- Prep: 13 Minutes
- Cook: 4 Minutes

Source: Weight Watchers (4 servings)

**Sautéed Boneless Pork Chops
with Port Wine and Cherry**

Sauce

Sautéed Boneless Pork Chops with Port Wine and Cherry Sauce

Ingredients

2 boneless pork chops (3/4 – 1 inch thick, 6-8 oz. each)
1 pinch each salt and pepper
2 teaspoons vegetable oil
1 shallot, minced
1/2 teaspoon minced fresh rosemary
2 garlic cloves, minced
1/2 cup chicken broth
1/4 cup ruby port wine
2 tablespoons unsalted butter, chilled
1/4 cup dried cherries

Method

Cut 2 slits about 2" apart through the outer layer of fat on each chop. Pat chops dry with paper towels and season with salt and pepper.

Heat 1 teaspoon oil in skillet over medium-high heat. Lay chops in skillet and cook until well-browned on first side, 3 minutes. Flip chops, reduce heat to medium and continue to cook until meat registers 145 degrees, 5-10 minutes. Transfer to a serving plate and tent loosely with foil.

Add remaining oil to pan, and heat until shimmering. Add shallot and cook until softened, around 2 minutes. Stir in rosemary and garlic, cooking 30 seconds until fragrant. Stir in broth, wine, and dried cherries, scraping up any browned bits. Bring to simmer and cook until sauce is slightly thickened, about 5 minutes. Stir in accumulated meat juices and simmer for 30 seconds. Off heat, whisk in butter and season with salt/pepper to taste. Spoon over chops, serve.

Source: America's Test Kitchen (2 servings)

Pressure Cooker Garlicky Cuban Roast Pork



Pressure Cooker

Garlicky Cuban Pork

This cumin-scented, garlic-laced pork is marinated with grapefruit, lime, and fresh oregano for a flavor that's earthy and garlicky, yet bright from the citrus. The meat itself is as tender as can be, falling to shreds with the touch of a fork. Serve it over rice, or tuck it into tortillas along with some salsa and avocado to create tacos.

Ingredients

8 garlic

Juice of 1 grapefruit (about 2/3 cup)

Finely grated zest and juice of 1 lime

3 tablespoons extra-virgin olive oil

2 tablespoons light brown sugar

1 tablespoon fresh oregano leaves

2 teaspoons ground cumin
1 $\frac{1}{2}$ tablespoons kosher salt
1 4- to 5-pound boneless pork shoulder
1 bay leaf
Chopped fresh cilantro leaves
Lime wedges, for serving
Hot Sauce, for serving
Tortillas, for serving (optional)
Fresh tomato salsa, for serving (optional)

Method

In a blender or mini food processor, combine the garlic, grapefruit juice, lime zest and juice, 2 tablespoons of the oil, brown sugar, oregano, cumin, and salt; process until blended. Transfer to a large bowl and add the pork and bay leaf; toss to combine. Marinate, covered, at room temperature for 1 hour (or refrigerate for up to 6 hours).

Using the sauté function set on high if available, heat the remaining 1 tablespoon oil in the pressure cooker (or use a large skillet). Remove the pork from the marinade, reserving the marinade, and shake the meat to remove any excess liquid. Cook until it is browned on all sides, about 12 minutes (you will need to do this in batches, transferring the browned pork pieces to a plate as you go).

When all the pork is browned, return the pieces to the pot along with any juices from the plate. (If you used a skillet, add 1 tablespoon water and use a wooden spoon to scrape the skillet well to include all the browned bits stuck to the bottom.) Add the reserved marinade to the pot. Cover and cook on high pressure for 80 minutes. Let the pressure release naturally.

Remove the pork from the cooking liquid (jus). Taste the jus, and if it seems bland or too thin, boil it down either in the pressure cooker on the sauté setting or in a separate pot on the stove until it thickens slightly and intensifies in

flavor, 7 to 15 minutes. Remove the bay leaf and add a bit of salt if necessary. If you'd like to degrease the jus, use a fat separator to do so, or just let the jus settle and spoon the fat off the top.

Shred the meat, using your hands or two forks. Toss the meat with the jus to taste (be generous—1 1/2 to 2 cups should do it), and serve with cilantro, lime wedges, and hot sauce.

Prep

- Marinate: 1 Hour
- Ready in: 2 Hours 30 Minutes

Source: New York Times Cooking (Servings: 8 | Yield: Approx 4.5 ounces per serving)

[Pork Schnitzel](#)

We made this great schnitzel recipe from Natasha's Kitchen on Christmas Eve.

Pork Schnitzel Recipe

German pork schnitzel is an easy recipe and it's perfect for busy weeknights. The pork chops are pounded into thin, tender cutlets which are breaded and sautéed, resulting in a crispy crust and juicy center.

Ingredients

2 lbs. boneless pork chops

$\frac{1}{3}$ cup all-purpose flour

1 tablespoon garlic salt (or sub with equal parts salt and garlic powder)

$\frac{1}{2}$ teaspoon paprika

½ teaspoon black pepper, freshly ground

3 large eggs

2 cups panko bread crumbs

Olive oil, canola oil or any high heat cooking oil to saute
Lemon wedges to serve (don't skip the lemons!)

Method

1. Trim pork chops of fat and slice into 1/2"-thick cutlets (I used 3 large Costco-sized pork chops and after slicing ended up with 9 pieces). Line a cutting board with plastic wrap, place cutlets in a single layer on cutting board and cover with plastic wrap (this prevents splatter). Pound cutlets with a meat mallet or the back of a heavy saucepan, until 1/4" to 1/8" thick.

2. Set up three bowls. In the first combine 1/3 cup flour, 1 Tbsp garlic salt, 1/2 tsp paprika and 1/2 tsp pepper. In the second, use a fork to beat 3 eggs. In the third bowl, add 2 cups panko crumbs.

3. Dredge both sides of each pounded cutlet in flour then dip in beaten egg letting excess egg drip back into the bowl before breading in panko crumbs. It helps to use a fork for the dipping process to keep your hands clean. Repeat with remaining cutlets.

4. Once all cutlets are breaded, heat a large non-stick pan over medium heat and add enough oil to cover the bottom of the pan. Once oil is hot, add breaded cutlets a few at a time and sauté 3-4 minutes per side or until cooked through. Reduce heat if cutlets are browning too quickly. Remove to a paper towel lined plate. Cut into one to double check doneness – juices should run clear. Serve right away with lemon wedges, or ranch for the children ;).

Notes

Melissa's Note – We used Costco thin cut pork chops and pounded them.

Source: Natasha's Kitchen (6 servings)

Mustard Balsamic Pork Chops with Rosemary



Mustard Balsamic Pork Chops with Rosemary

Mustard Balsamic Pork Chops with Rosemary – 5 minute prep time! These pork chops couldn't get any easier, they're so delicious and tender, they simply melt in your mouth!

Ingredients

6 pork chops

$\frac{1}{4}$ cup olive oil

2 tablespoons grainy mustard I used Dijon Wholegrain Mustard

$\frac{1}{4}$ cup balsamic vinegar

1 tablespoon dry or fresh rosemary coarsely chopped
salt and pepper to taste

Method

1. Add all the ingredients (minus pork chops) to a bowl and whisk until the mixture begins to emulsify.
2. Add the pork chops to the same casserole dish you'll use to bake them and pour the marinade over the pork chops. Make sure you rub all it all over them. Cover with plastic wrap and refrigerate for at least 1 hour to overnight. You could prepare these the night before and bake them when you come home from work.
3. Preheat oven to 425 F degrees.
4. Remove plastic wrap from casserole dish and bake them for about 45 minutes or until done.

Notes

All ovens are different, so you should start checking on your pork chops after 20 or 30 minutes to make sure they don't get over done. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used

Prep

- Prep: 5 Minutes
- Cook: 45 Minutes
- Total Time: 50 Minutes

Source: Jo Cooks (6 servings)

Cuban Mojo Marinated Pork

(Lechon Asado)



Cuban Mojo Marinated Pork

(Lechon Asado)

A traditional Cuban roasted pork recipe that is very simple, yet packed with tons of flavor! There is nothing to this pork except an amazing marinade, but it is honestly some of the best meat I've ever put in my mouth. Just look at that crust!

Ingredients

- $\frac{3}{4}$ cup extra-virgin olive oil
- 1 tablespoon orange zest
- $\frac{3}{4}$ cup fresh orange juice
- $\frac{1}{2}$ cup fresh lime juice
- 1 cup cilantro, finely chopped
- $\frac{1}{4}$ cup lightly packed mint leaves, finely chopped
- 8 garlic cloves, minced

1 tablespoon minced oregano (2 teaspoons dried oregano)
2 teaspoons ground cumin
Kosher salt and pepper
3 and 1/2 pounds boneless pork shoulder, in one piece*

Method

1. If you have a food processor: Add the orange juice, cilantro leaves, mint leaves, and smashed (not minced) garlic cloves, and pulse until everything is finely chopped. Add this mixture to a ziplock bag, along with the rest of the oil, zest, lime juice, oregano, and cumin.
2. If you don't have a food processor: In a large ziplock bag, combine olive oil, orange zest, orange juice, lime juice, chopped cilantro, chopped mint, minced garlic, oregano, and cumin. Shake it around a bit to mix it up, then add the pork shoulder.
3. Place the zipped up bag in a baking dish, and put it in the fridge overnight, or several hours at least.
4. Preheat oven to 425 degrees F. Place a wire rack (I used a cooling rack) over a rimmed baking sheet.
5. Place the pork on the rack and discard the marinade. Salt and pepper the pork well.
6. Roast the pork for 30 minutes. It should be lightly browned.
7. Turn the oven down to 375 degrees F. Roast for another 1 hour and 20-30 minutes, or until a meat thermometer reads 160.
8. Transfer to a cutting board, cover with aluminum foil and let rest at least 20 minutes.
9. Carve against the grain and serve.

Notes

From the author – *I accidentally grabbed a bone-in pork shoulder. Worked great!

Source: The Food Charlatan (6 servings)

Pork Chops with Spicy Orange Glaze



Pork Chops with

Spicy Orange Glaze

A simple glaze transforms this dish into an elegant dinner that's still easy enough for any night of the week.

Ingredients

4 bone-in pork rib chops or center-cut chops, 1/2 to 3/4 inch thick

1 teaspoon olive oil plus 1 additional tablespoon

Salt and pepper

1 teaspoon ground cumin
½ teaspoon sugar
2 cloves garlic, minced
⅛ teaspoon red pepper flakes
¾ cup orange juice

Method

1. Starting the pork chops in a cold skillet allows them to heat up slowly and hold on to their interior moisture—a method that works best with thin chops. If using an electric stove, turn the burner to medium just before seasoning the chops in step 1.
2. Rub each chop with ¼ teaspoon oil and sprinkle with salt, pepper, and cumin. Sprinkle one side of each chop with ⅛ teaspoon sugar.
3. Place chops, sugared side down, in large nonstick skillet and press meat into pan. Cook, without moving, over medium heat until lightly browned, 6 to 9 minutes. Turn chops, reduce heat to low, cover, and cook until center of chops registers 145 to 150 degrees on instant-read thermometer, 3 to 6 minutes. Transfer chops to platter, tent with foil, and let rest while making sauce.
4. Add remaining tablespoon oil, garlic, and pepper flakes to empty pan and cook over medium heat until fragrant, about 30 seconds. Add juice and simmer until slightly thickened, about 5 minutes. Tip accumulated juices from platter with chops into skillet, cook 1 minute, season with salt and pepper, and pour sauce over chops. Serve.

Notes

WHY THIS RECIPE WORKS

In our recipe for Pork Chops with Spicy Orange Glaze, we wanted a foolproof method to cook the chops without drying them out. We chose bone-in, center-cut pork chops because the bone helps keep the chops moist. We coated the chops in a

salt, pepper, cumin, and sugar rub because the sugar caramelizes, compensating for the lack of a deep sear on the chops. Starting the chops in a cold pan and cooking them over medium heat until browned on one side, then briefly cooking on the second side, ensured the pork chops wouldn't overcook. A quick, spicy orange-flavored sauce—prepared in a matter of minutes—completed our perfectly cooked pork chops.

Source: Cook's Country (4 servings)

[How to Cook Baby Back Ribs In the Oven](#)

How to Cook Baby Back Ribs In the Oven

Don't have a grill? Time to reevaluate your life. Kidding—we've got you covered. Here's how to cook baby back ribs in the oven, if you're grill-less at a rental house, or your grill is too busy making amazing Brussels sprouts, or if you just don't feel like cleaning the damn thing. Sweet, gently smoky Kansas City-style ribs are especially good when cooked in the oven, but feel free to switch up the rub and the barbecue sauce to suit your tastes in tender ribs.

Ingredients

- ¼ cup packed brown sugar
- ¼ cup chili powder
- 3 tablespoons paprika
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon cayenne

Method

1. Coat your rib racks with a spice rub Arrange the oven rack in the lower third of the oven, and preheat the oven to 325°F. Line a large roasting pan or rimmed baking sheet with foil. Arrange two 2-pound baby back rib racks on the roasting pan. Now it's the fun part: Infusing salt, spice, and sugar into your ribs. In a bowl, whisk together 1/4 cup packed brown sugar, 1/4 cup chili powder, 3 Tbsp. of paprika, 1 Tbsp. of salt, and 1 tsp. each of black pepper and cayenne. Rub the spice mixture onto both sides of racks. Let the ribs stand, meaty sides up, at room temperature, for 1 hour.

2. Cover and bake the ribs Now that your ribs have been infused with flavor, it's time to slow-roast them. Cover the roasting pan or baking sheet tightly with foil and bake them for 1 1/2 hours (don't worry if they're not tender at this point—they'll continue to cook when you brush on the sauce a bit later).

3. Simmer a barbecue sauce While the ribs are baking, it's time to make the barbecue sauce. In a 3- to 4-quart saucepan over medium-low heat, saute 1 1/2 cups chopped onion with 2 Tbsp. vegetable oil, until tender, 10 to 15 minutes, then add 6 finely chopped garlic cloves and cook for 1 minute more.

4. UNCOVER AND SAUCE 'EM

Remove the foil cover and turn racks over so bone ends curve up, then baste ribs with the pan juices and spread them generously with about 1 cup of your barbecue sauce. Continue to bake the ribs, uncovered, for another 30 minutes. Turn the racks over once more, then baste them once again with pan juices and top them generously with more sauce. Continue to bake the ribs until they're tender when pierced with a paring knife, 30 to 45 minutes more.

5. FINISH THE RIBS UNDER THE BROILER

To get that crispy, caramelized "bark" that resembles good barbecue, give the ribs a few minutes under the broiler. broil the ribs, meaty sides up, 4 to 6 inches from the heat, until browned, which should take 2 to 3 minutes. Done—all that's left to do now is get a bunch of napkins and dig in.

Notes

We subbed in a rub we had in kitchen.

Source: Epicurious (Servings: -)

Notes

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Source: Epicurious

Herb Crusted Pork Chops

My hubby did a great job cooking these up last night!

Herb Crusted Pork Chops

Ingredients

1 pound thin boneless pork chops, fat trimmed

2 tablespoons Dijon mustard

$\frac{1}{2}$ cup whole wheat Panko breadcrumbs

1 tablespoon fresh thyme, chopped

1 tablespoon fresh parsley, minced

$\frac{1}{8}$ teaspoon sea salt

$\frac{1}{8}$ teaspoon pepper

1 tablespoon olive oil

Method

1. Preheat oven to 450 degrees F.

2. Rub mustard evenly over pork chops. Combine panko, thyme, parsley, salt and pepper in a large bowl and dredge pork chops in panko mixture.

3. Heat a large ovenproof skillet over medium-high heat. Add oil to pan and swirl to coat. Add pork chops, saute for 2 minutes or until golden brown.

4. Turn pork over and place skillet in oven for about 8 minutes or until pork reaches 145 degrees in the center.

Enjoy!

Notes

Recipe adapted from Cooking Light

Melissa's note – we used really thin pork chops so we did not have to finish them in the oven. If using thicker cuts, finish in oven as directed.

Source: Eat Yourself Skinny (Servings: 4 | Yield: 1 chop)