

## Pork Recipes

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### Grilled pork chops with garlic/lime sauce

Serves 4

1/4 c. fresh lime juice  
1 garlic clove, minced  
1/4 teaspoon red pepper flakes  
6 teaspoons of olive oil  
2 tablespoons chopped fresh cilantro  
6 boneless pork loin chops (5 ounces each)

Whisk together lime juice, garlic, red pepper flakes and 1/4 teaspoon of sea salt, then add oil in a slow stream, whisking well. Whisk in cilantro. Prepare a gas grill for direct heat cooking over medium-high heat. Pat pork dry and season with salt and pepper. Oil grill rack and then grill pork chops, covered, turning over once, until cooked through, about 5-6 minutes total. Drizzle with some vinaigrette.

### Pork Tenderloin with shallots and string beans

Serves 4

1 teaspoon dry mustard powder  
1/2 teaspoon coriander  
1/2 teaspoon salt, divided  
1/4 teaspoon black pepper  
1 tablespoon grape seed oil  
1 pork tenderloin  
7 small shallots (about 12 ounces), peeled and sliced lengthwise  
Cooking spray

1 lb string beans, stem ends trimmed  
1 1/2 teaspoon fresh rosemary, chopped  
1/2 c flat leaf parsley

Preheat oven to 375. Stir together the mustard powder, coriander, 1/4 teaspoon of salt and black pepper in a small bowl. Heat the grape seed oil in an ovenproof skillet over medium high heat. Add the tenderloin and cook for 3 minutes per side. Remove and add shallots, toss and cook for 2 minutes. while shallots cook, rub tenderloin with spice mixture. Return tenderloin to skillet and put in the oven and bake for 20 minutes or until the meat reaches 155 on a meat thermometer.

When the pork is almost done, heat a medium sized skillet over medium high heat and coat with cooking spray. Add the string beans and remaining salt and cook for 1 minute, then add 2 tablespoons of water. Cook for 3 more minutes or until just tender. Sprinkle the rosemary over the dish. Transfer to a serving dish. Remove the pork and put on a plate. Add parsley. Slice the tenderloin and serve with green beans.

## **Asparagus Ham Salad**

Serves 6

1 pound fresh asparagus, trimmed  
6 teaspoons of olive oil  
1/4 cup cider vinegar  
1 tablespoon dijon mustard  
1/2 teaspoon Redmond Sea salt  
1/4 teaspoon pepper  
1/2 teaspoon Splenda  
1 cup diced fully cooked lean ham  
3 green onions, thinly sliced

1. In a skillet, cook the asparagus in a small amount of water until tender but still crisp, about 6-8 minutes, drain well. Cover and refrigerate for at least 1 hour.
- 2,. Combine the oil, vinegar, mustard, salt, pepper and Splenda in a jar. Put the lid on the jar and shake well. Refrigerate for at least 1 hour. Place the asparagus in a serving bowl. Top with ham, onions and dressing.

## **Maple Grilled Pork Tenderloin**

Serves 6

2 pounds of pork tenderloin  
2/3 cup Walden Farms Maple Pancake Syrup  
1/4 cup Dijon Mustard  
1/4 teaspoon chili powder  
1/4 teaspoon salt

1. Place meat in a large re-sealable bag. In a bowl, combine the syrup, mustard, chili powder and salt. Pour over the tenderloin, seal and refrigerate for at least 4 hours, turning occasionally.
2. Prepare the grill for indirect heat.
3. Remove the meat and discard the marinade. Grill for 15 to 25 minutes or to desired doneness.

## **Apricot Glazed Pork Chops**

Serves 4

1/2 tsp. onion powder  
1/2 tsp garlic powder  
1/2 teaspoon dried oregano  
4 Pork loin chops (5 ounces each)  
1 cup of Walden Farms Apricot preserves  
1 1/2 tsp. lemon juice  
1 1/2 teaspoons lime juice  
2 tablespoons of grapeseed oil

Combine the onion powder, garlic powder and oregano and sprinkle over pork chops.

In a small saucepan, combine the apricot preserves, lemon juice and lime juice; cook and stir over low heat for 10 minutes or until the preserves are melted.

In a large skillet, cook the pork in grapeseed oil over medium-low heat for 8-10 minutes or until lightly browned on one side. Turn chops; generously brush with apricot glaze. Cook 8-10 minutes longer or until juices run clear. Serve with remaining glaze.

\*You could also use the apricot glaze on boneless chicken breasts.

## **BBQ Pulled Pork (for Slow cooker)**

2 lb pork tenderloin (makes four 8 oz servings or six 5.3 oz servings)  
1/4 cup of Pork rub (Paprika, sea salt, pepper, onion powder, cayenne pepper, ground mustard and splenda)  
1/4 cup of Apple Cider vinegar  
1/2 cup of water  
Walden Farms BBQ sauce (Original, Thick and Spicy, Honey or Hickory)

Rub pork tenderloin liberally with above seasoning blend or seasoning of your choice.

Place in a slow cooker, pour water and vinegar over pork. Cook on low heat for about 8-10 hours.

Shred the pork and add the Walden Farms BBQ sauce. Enjoy as is or in a lettuce wrap.

## **Pork Loin Chops with Spinach**

Serves 4

4 five to six ounce pork loin chops  
3 tsp. lemon pepper  
4 teaspoons of butter flavored grape seed oil  
1-2 Tablespoons of lemon juice  
1 Tablespoon of Worcestershire sauce  
1 tsp. Dijon mustard  
1 Tablespoon of minced cilantro

1 bag of baby spinach  
2 teaspoons butter flavored grape seed oil  
3 garlic cloves

Sprinkle pork chops with lemon pepper. Heat butter flavored grape seed oil in skillet over med-hi heat. Cook the pork loin chops 3-4 minutes per side or until cooked through. Remove from skillet and keep warm. Add the lemon juice, Worcestershire sauce and Dijon mustard to skillet. Cook, stirring with whisk until heated through. Pour sauce over chops; sprinkle with cilantro.

Heat 2 teaspoons of grape seed oil in skillet over medium heat. Add garlic and saute for 1 minute. Add spinach; stir well to coat. Cover and cook for 2 minutes. Drain the liquid and serve under pork chops.

## **Garlic Pulled Pork**

3-4 pound pork loin roast  
1-2 Tbsp Sea salt  
1/2 tsp cumin  
1 tsp pepper  
1-2 Tbsp granulated garlic or powder  
6 fresh garlic cloves/peeled  
Juice of one lime  
1 bay leaf

1. Mix salt, cumin, pepper and garlic and garlic cloves together. Juice the lime over seasonings. Cut slits in the pork and push the garlic/lime mixture into the slits.
2. Marinate in fridge over night.
3. Preheat oven to 250 degrees. Put in pan with bay leaf, cover and roast for 3-4 hours, until roast falls apart easily.
4. Let roast rest for 20 minutes and then shred apart with 2 forks.

## **Cajun Pork and Zucchini**

Serves 4

- 1 1/2 pounds of boneless pork loin chops, uncooked and cubed
- 2 zucchini, sliced 1/2 inch thick
- 4 Roma tomatoes, cut in to 1/2 inch cubes
- 1 tablespoon Wildtree Cajun Seasoning

In a nonstick frying pan, heat 1 tablespoon of grapeseed oil. Season pork cubes with Cajun blend and add to pan, remember to turn often to avoid burning. When pork is almost finished cooking, add tomatoes and zucchini. Continue to cook until the zucchinis and tomatoes are softened.