



PRO TIPS FOR PORK CUTS

Use this guide as a reference for key benefits, simple recipes and culinary pro tips for the most popular pork cuts.



Cut + Plants + Condiment + Method + Temp + Short Cut



ground pork



cabbage,
bell pepper, carrots



soy sauce, sesame
oil, garlic, ginger



sauté

160° F

Pair with convenience

Utilize pre-cut vegetables, canned fruit, frozen vegetables and microwavable whole grains.



pork chop



green beans, pineapple
and juice



maple syrup



air fry

145° F

with 3 min rest

Buy more, save more

Purchase a whole pork loin and cut into your own chops to save money.



pork loin roast



jalapenos, pickled red
onion, pineapple



salsa



pressure cook

145° F

with 3 min rest

Freeze for later

Freeze half or the leftover pork loin roast for up to 3-6 months to thaw and reheat for a quick and easy meal.



pork
tenderloin



corn, onions, sweet
potatoes



BBQ sauce



slow cook

145° F

with 3 min rest

Cook once, eat twice

Slow cook pork in broth, once fully cooked, split in half to use for two separate meals.

Examples: pulled pork sandwiches with BBQ sauce one night, pulled pork tacos the next day.

Planning for Pork

- Take inventory of the foods you already have at home before you plan out meals.
- Lean on sheet pan and one pot meals for less clean up.
- Utilize convenient options such as pre-cut produce, frozen steamer vegetables and microwavable grains as a quick side or ingredient.
- Purchase 1-2 fruits and vegetables each to utilize in snacks and meals throughout the week.
- Cook once, eat twice — when preparing pork, make enough to last several meals.
- Purchase a whole pork loin and cut into several sets of pork chops and loin roasts to save money.



Did you know?

Pork tenderloin is just as lean as boneless skinless chicken breast.

2.5 MILLION CHILDREN

5.7 MILLION ADULTS

meet **potassium** recommendations daily when pork is on the plate. Pork helps consumers consume more plants!

145° F

WITH
3 MIN
REST



the safe
internal cooking
temperature for
whole muscle
cuts of pork such
as chops, roasts
and loins.

3 oz

SERVING
OF PORK

Rich in: thiamin, riboflavin,
niacin, vitamin B6, vitamin
B12, selenium, zinc

Good source of: choline,
pantothenic acid, phosphorus

110

FLAVOR
NUANCES

Both lean and high fat pork fat can be described as kokumi, a Japanese word to describe “rich taste” or “delicious.”

Learn more about pork nutrition!
pork.org/nutrition

**PORK &
PARTNERS**

