

Let's Cook

Pork Roast with Healthy Green Bean Casserole

Description

This is a class designed to be an after school fall class. It requires a full kitchen.

The class will prepare two small pork roasts; one for the class menu this week and one to be used the following week for sandwiches. The extra roast will be frozen for future use. In addition the class will prepare a healthy green bean casserole.

Menu

Boneless Pork Roast
Healthy Green Bean Casserole
Crispy Oven Onions

Game plan

- 1) Preheat oven 450°
- 2) Prepare pork roast and place in oven
- 3) Prepare crispy oven onions
- 4) Reduce oven to 350°
- 5) Prepare Green beans
- 6) Remove pork roast from oven and set for 10 minutes
- 7) Carve pork roast
- 8) Serve pork and green beans
- 9) Place extra pork in zip lock bags to freeze
- 10) Cleanup

Recipe: Boneless Pork Roast

Serves 6

Ingredients

- (2) 1 1/4 lbs boneless pork roast (center loin, shoulder, or blade cut)
- 1 Tbsp olive oil
- 2 tsp ground sage
- 2 tsp kosher salt
- 2 tsp freshly ground pepper
- 1 tsp dried thyme
- 2 cloves garlic, minced

Directions

1. Pre-heat oven 450° oven.
2. Combine oil, sage, salt, pepper, thyme, and garlic in a small bowl
3. Place roast fat side up on a mat or board
4. Rub herb mixture all over
5. Place roast on a rack in a roasting pan with the fat side up
6. Place roast in oven and set timer for 10 minutes
7. Reduce heat to 350°
8. Roast another 35 minutes or until an instant-read thermometer registers 145°
9. Remove from oven, cover with aluminum foil and let rest for 10 minutes
10. Carve (slice) the roast and serve.

Appearance of Cooked Pork

USDA Revises Recommended Cooking Temperature for All Whole Cuts of Meat, Including Pork, to 145 °F

The new cooking recommendations clarify long-held perceptions about cooking pork. Historically, consumers have viewed the color pink in pork to be a sign of undercooked meat. If raw pork is cooked to 145 °F and allowed to rest for three minutes, it may still be pink but is safe to eat. The pink color can be due to the cooking method, added ingredients, or other factors. As always, cured pork (e.g., cured ham and cured pork chops) will remain pink after cooking.

http://www.fsis.usda.gov/News_&_Events/NR_052411_01/index.asp

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	1080		
Total Fat	61	g	94%
Saturated Fat	11	g	55%
Trans Fat	0*	g	
Cholesterol	365	mg	122%
Sodium	4980	mg	208%
Carbohydrates	6	g	2%
Dietary Fiber	2	g	8%
Sugars	0*	g	
Protein	122	g	
Vitamin A		IU	2%
Vitamin C		mg	4%
Calcium		mg	10%
Iron		mg	20%

* indicates one or more ingredients in your recipe has an unavailable nutrient value

The following claim is allowed per USDA: sugar free

For Crispy Oven Onions:

Ingredients

- 1 lg. yellow onion, cut into 1/4" thick slices & separated into rings
- 1/2 c. milk
- 3/4 c. plain dried bread crumbs
- 1 tsp. chili powder
- 1/2 tsp. salt
- 1 1/2 tbsp. olive oil
- Additional olive oil to coat baking sheet

Directions

1. Preheat oven to 450 degrees.
2. In 9"x13" glass dish, combine onion and milk; let stand 10 minutes or up to 1 hour, turning frequently.
3. In a small shallow bowl, combine bread crumbs, chili powder and salt.
4. Drizzle 1 Tbsp olive oil and rub over surface of baking sheet.
5. Put onion rings into bread crumb mixture and coat evenly.
6. Place onion rings on cookie sheet and drizzle with oil evenly.
7. Bake about 10 minutes on each side or until crispy.

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	120		
Total Fat	6	g	9%
Saturated Fat	1	g	5%
Trans Fat	0*	g	
Cholesterol	0	mg	0%
Sodium	120	mg	5%
Carbohydrates	13	g	4%
Dietary Fiber	1	g	4%
Sugars	3	g	
Protein	3	g	
Vitamin A		IU	2%
Vitamin C		mg	4%
Calcium		mg	6%
Iron		mg	4%

* indicates one or more ingredients in your recipe has an unavailable nutrient value

The following claim is allowed per USDA: Cholesterol free

Healthy Green Bean Casserole

Ingredients

- 1 ½ lbs green beans, washed & trimmed
- 2 Tbsp. olive oil
- 3 cups onion, chopped (about 1 ½ large onions)
- 1 tsp fresh thyme, chopped
- 1 lb crimini or white mushrooms, sliced
- 2 Tbsp sherry vinegar
- ¼ tsp salt
- ¼ tsp pepper
- 3 Tbsp whole wheat flour
- 1 cup fat-free, low sodium chicken broth
- 1 cup (crispy oven onions) - garnish
- ½ cup parmesan cheese

Directions

1. Preheat oven 425°
2. Bring a large pot of water to boil.
3. Blanch beans for 4 minutes in the boiling water.
4. Drain and rinse with cold water, drain well.
5. Place beans in large bowl and set aside.
6. Heat large skillet over medium-high heat.
7. Add oil to pan.
8. Sauté onion until tender, about 5 minutes.
9. Add thyme and mushrooms. Sauté an additional 10 minutes.
10. Stir in vinegar, salt, and pepper.
11. Cook 2 minutes until liquid evaporates.
12. Add flour and stir constantly for 1 minute.
13. Gradually stir in the chicken broth. Bring to boil.
14. Cook stirring constantly for 1 minute so broth thickens.
15. Add mushroom, onion mixture to green beans.
16. Place in a 2-quart baking dish.
17. Toss crispy onions and parmesan cheese together in a medium bowl
18. Top green beans with crispy onion cheese mixture.
19. Bake for 15 minutes.

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	180		
Total Fat	8	g	12%
Saturated Fat	2.5	g	12%
Trans Fat	0*	g	
Cholesterol	5*	mg	2%
Sodium	250	mg	10%
Carbohydrates	23	g	8%
Dietary Fiber	5	g	20%
Sugars	9*	g	
Protein	10	g	
Vitamin A		IU	15%
Vitamin C		mg	35%
Calcium		mg	15%
Iron		mg	10%

* indicates one or more ingredients in your recipe has an unavailable nutrient value

Note: nutritional values for crispy oven onions are included separately.

The following claims are allowed per USDA: low calories, low Cholesterol , low sodium