

Peachy Pork Picante

A sweet and spicy combination!



Level: Medium

Serves: 4

Kids' Tool Kit

Cutting board
Sharp knife
Wooden spoon
Skillet
Measuring cups

Ingredients:

1 pound boneless pork loin chops, cubed
1 tablespoon taco seasoning mix
1 cup chunky-style salsa
1/3 cup peach preserves
Rice or couscous, optional



Directions:

Remember to wash your hands!

1. Toss pork with taco seasoning.
2. Lightly brown pork in a non-stick skillet over medium-high heat.
3. Stir in salsa and preserves. Bring to a boil, reduce heat, cover and simmer 10 to 15 minutes.

Recipe adapted from National Pork Producers Council, www.nppc.org



Helpful Hints: Put the taco seasoning in a clean plastic bag, add the pork cubes and kids can shake it up.

Letting the pork simmer in the sauce helps tenderize the meat and allows flavors to blend. Serve over rice or couscous prepared while the meat is simmering. Add a green vegetable for lots of color.



Safety Tips: Use a sharp knife and cutting board to trim excess fat from the pork and dice into small cubes. Kids need adult supervision for this step. To avoid cross-contamination, use a clean cutting board and knife to prepare fresh vegetables to add to the meal.

Nutrition Facts

Serving Size 1 cup (202g)
Servings Per Container 4

Amount Per Serving		
Calories 270	Calories from Fat 60	
		% Daily Value*
Total Fat 7g		10%
Saturated Fat 2.5g		11%
Cholesterol 65mg		22%
Sodium 870mg		36%
Total Carbohydrate 25g		8%
Dietary Fiber less than 1 gram		4%
Sugars 20g		
Protein 26g		

Vitamin A 6% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.