

Peachy Pork Picante

A sweet and spicy combination!

4 servings

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:

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.

Nutrition Facts: One 1 cup serving provides 270 calories, 7g total fat, 65mg cholesterol, 870mg sodium, 25g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Peachy Pork Picante
Rice or Couscous
Broccoli
Peach Half
Low Fat Milk

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