

## **New York State Apples Shine in Savory Eat3 Pork Meal**

At this time of year, area farm stands have plenty of local apples and winter squash on hand, and the fourth week of the Healthy Start Partnership's Eat3 healthy eating project features both of these examples of versatile produce. Combining the flavor of well-seasoned pork with apples and cinnamon and serving with baked squash makes this meal "melt-in-your-mouth" delicious. The pork recipe calls for using one of two New York State apple varieties - either Empire or Cortland. In addition to using these in recipes such as this, these two sweet/tart, crisp, firm, and juicy apple varieties are excellent snacks for you and your family.

Be sure to register for the Eat3 project at [www.eat3.org](http://www.eat3.org) and try the menu for week four: pork loin chops with cinnamon apples, accompanied by baked buttercup squash.

To be eligible for prize drawings and to participate in the Eat3 campaign, register at [www.eat3.org](http://www.eat3.org). There you and your family will find a wealth of activities, tasty recipes, fun activities, an opportunity to blog with others about the featured meals, tips, and information about why it's a great idea to Eat3: Eat well, Eat local, and Eat together.

Following is the featured meal for the week of October 19<sup>th</sup> - 25<sup>th</sup>. You can find the nutrition analysis at [www.eat3.org](http://www.eat3.org).

### **PORK LOIN CHOPS WITH CINNAMON APPLES**

#### Ingredients

1 teaspoon dried sage

½ teaspoon salt

¼ teaspoon freshly ground black pepper

4 (4 ounce) boneless center-cut loin pork chops (about ½ inch thick)

½ teaspoon vegetable oil

Cooking spray

1 teaspoon butter

4 cups (½-inch) sliced peeled Empire or Cortland apples (about 4 medium)

1 tablespoon brown sugar

1 teaspoon fresh lemon juice

½ teaspoon ground cinnamon

Dash of salt

#### Instructions

1. Combine sage, salt and pepper, and sprinkle over the pork.
2. Heat oil in a large skillet coated with cooking spray over medium heat.
3. Add pork; cook 3 minutes on each side or until done.
4. Remove the pork from pan. Cover and keep warm.
5. Melt butter in pan over medium heat.
6. Add apples, brown sugar, lemon juice and cinnamon, and cook 5 minutes or until tender, stirring frequently.

*Make 4 servings*

## **BAKED BUTTERCUP SQUASH**

### Ingredients

2 butternut squash (about 2 lbs each)

(You may substitute other varieties of winter squash such as acorn squash or Hubbard squash.)

2 tablespoons brown sugar

2 teaspoons butter

salt and pepper

### Instructions

1. Cut squash in half and remove seeds.
2. Place in baking dish cut side down in about 1 inch of water.
3. Bake at 350 degrees F for 40 minutes or until tender.
4. Remove from oven, and fill each cavity with brown sugar, butter, and salt and pepper to taste.
5. Continue to bake for 10 minutes.

*Makes 4 servings*

To catch up on recipes you might have missed during previous weeks, or for more information about Eat3, visit [www.eat3.org](http://www.eat3.org). The Eat3 project is brought to you by the Healthy Start Partnership and supported by the National Research Initiative of USDA Cooperative State Research, Education & Extension Service.