



For More Information Contact:

Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

October is National Pork Month and what better way to celebrate than adding in fall flavors such as pumpkin! Hy-Vee Savage Registered Dietitian Melissa Jaeger, RD, LD will show you how healthfully incorporate pork into your diet and discuss the benefits of everyone's favorite seasonal ingredient - pumpkin. To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours, Hy-Vee Healthy Habits and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.

Pumpkin Curry Pork & Rice

Hands On: 25 minutes

Total Time: 35 minutes plus marinating time

Serves: 6

All you need:

6, 4 oz boneless pork chops, cubed
1 cup Hy-Vee plain Greek yogurt
3 cloves garlic, minced
1 ½ tsp. paprika
1 ½ tsp. fresh lemon juice
1 tsp. Hy-Vee salt
1 tsp. Hy-Vee black pepper
1 tsp. Hy-Vee ground cinnamon
1 tsp. grated fresh ginger
1 Tbsp. Hy-Vee canola oil
1 yellow onion, cut into rings
1 (15-oz.) can Hy-Vee pumpkin
1 (13.5-oz.) can Hy-Vee light coconut milk
1 cup Hy-Vee 33%-less-sodium chicken broth or no salt added chicken broth
1 (4-oz.) jar red curry paste
½ tsp. garam masala
4 cups hot cooked rice (use brown rice for additional protein and fiber or sub quinoa)
Fresh cilantro leaves, for garnish

All you do:

1. Cut pork chops into cubes. Place pork in a large resalable plastic bag. Combine yogurt, garlic, paprika, lemon juice, salt, black pepper, cinnamon and ginger. Add to pork. Seal bag and marinate in the refrigerator for 1-2 hours.
2. Heat oil in a large pot over medium heat. Add onion; cook for 8-10 minutes or until softened, stirring occasionally. Stir in pumpkin, coconut milk, chicken broth, curry paste, garam masala, along with pork and marinade mixture. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes or until pork is cooked through (reaches internal temperature of 145 degrees F). Serve curry with rice. Garnish with cilantro if desired.



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Dietitian Tips:

- Pumpkin is an excellent source of vitamin A (important for normal vision and preventing age-related macular degeneration along with improving our immune system function) and vitamin E (an antioxidant that protects cell membrane structures). The most common form of vitamin A in produce is Beta-Carotene and it is associated with red, yellow and orange fruits and vegetables but is found in a wide variety of produce.
- October is National Pork Month but many individuals are wondering if pork can be incorporated into a healthy diet.
- According to the National Pork Board, the pork that's available today is 16% leaner and 27% lower in saturated fat than it was 25+ years ago.
- A 3 oz. serving of pork tenderloin contains about 24 grams of protein and as few as 122 calories.
- Pork contains thiamin, a B vitamin, which helps us to metabolize carbohydrates, protein and fat.
- When shopping for pork look for leaner cuts such as "loin" or "chop".
- The American Heart Association has certified pork tenderloin and pork sirloin as heart-healthy foods.
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