

Pulled Pork

Ingredients

- 1 boneless pork loin (about 2 lbs. each)
- 3 cloves garlic, finely chopped
- 1 lemons, zested
- Salt and pepper
- 1/4 cup white wine (optional)

Directions

1. Sprinkle with the garlic, lemon zest, 1 tbsp. salt and 1 1/2 tsp. pepper. Toss well, massaging the garlic and zest into the meat. Place meat in slow cooker and cook on low for 8 hours or high for 4 hours.
2. Slice 3-4 slices and set aside.
3. Let the pork cool for at least 15 minutes, then, using 2 forks, shred it a few pieces at a time. As you work, transfer the shredded pork to the clean baking sheet and let cool completely. Pour the juices into a bowl to cool. Skim and discard the fat.

Tip Divide the pork into 1-cup portions and transfer to re-sealable plastic sandwich bags. Pour a little pork juice into each, squeeze out the air and flatten. Seal and store flat in 2-gallon freezer bags.

Tip Thaw at room temperature for about 1 hour, or pop into the fridge in the morning and let thaw all day. (The microwave can be used in a pinch.)

Change it up:

Add some oregano or rosemary to the rub.

Marinate the pork in lime juice, soy sauce and ginger for 1 hour before roasting.

Toss the pork with adobo sauce, orange juice and beer in Step 2.

Toss the pork with some BBQ sauce in the last 10 minutes.

Roasted Veggies

8 servings Prep 25 minutes, Roast 30 minutes

Ingredients

- 6 medium bell peppers (in mixed colors), cut into 1-inch strips
- 1 large onions, halved and sliced 1/2 inch thick
- 2 cloves garlic, minced
- ½ tsp oregano
- pepper
- 2 tablespoons EVOO
- 1 pkg butternut squash

Directions

1. Position rack in the upper third of the oven and preheat to 450 degrees .
Combine the bell peppers and onions on a large rimmed baking sheet. Sprinkle the garlic, ½ tsp oregano, ½ tsp. pepper on top. Toss with 1 tbsp. EVOO and spread evenly in the pan. Place in the lower third of the oven and cook for 10 minutes.
2. Meanwhile, place the butternut squash on another large rimmed baking sheet. Drizzle with the remaining 1 tbsp. EVOO and sprinkle with 1/4 tsp. salt and 1/8 tsp. pepper; toss and spread evenly in the pan. Once the peppers and onions have cooked for 10 minutes, add the squash to the upper third of the oven and roast, along with the peppers and onions, until fork-tender, 15 minutes. Let the vegetables cool completely on their pans.

Tip Divide into 1-cup portions, keeping the pepper-onion mixture and the squash separate. Transfer to resealable plastic sandwich bags. Squeeze out the air and flatten the bags. Seal and store flat in 2-gallon freezer bags.

Tip Thaw at room temperature for about 1 hour, or pop into the fridge in the morning and thaw all day. (The microwave can be used in a pinch.)

Pulled Pork-and-Slaw Sandwiches

6 servings

Ingredients

- 3/4 cup cider vinegar
- 2 teaspoons sugar
- 1/2 teaspoon crushed red pepper
- 2 1/2 cups coleslaw mix (7 oz.)
- Salt and pepper
- 2 tablespoons light mayonnaise
- 3 cups Pulled Pork
- 1 tablespoon Worcestershire sauce
- 4 whole wheat sandwich thin buns

Directions

- In large bowl, whisk together 1/2 cup vinegar, sugar and crushed red pepper; add coleslaw and season with 1/2 tsp. each salt and pepper. Toss and let stand at least 15 minutes. Pour off liquid and stir in mayonnaise. In saucepan, cook pork, remaining 1/4 cup vinegar, Worcestershire and 2 tbsp. water over medium heat to heat through, 2 to 3 minutes. Divide pork among buns, top with some slaw and serve remainder alongside.

Mango, Pork and Watercress Salad

6 servings

Ingredients

- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons honey
- 2 tablespoons EVOO
- Salt and pepper
- 1 cup Pulled Pork
- 7 cups watercress (5 oz.)
- 1 mango, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 shallot, thinly sliced
- 1/4 cup sliced almonds, toasted

Directions

- In large salad bowl, whisk together lime juice and honey. Whisk in EVOO; season with 1/4 tsp. salt. Add pork and toss. Add watercress, mango, bell pepper and shallot; season with salt and pepper. Toss, then sprinkle almonds on top.

Pork and Ginger Noodle Soup

6 servings

Ingredients

- 8 ounces rice noodles
- 1 quart beef broth
- 1 inch fresh ginger, sliced
- 2 cups Pulled Pork
- 6 baby bok choy, sliced crosswise
- 1 1/2 cups mung bean sprouts
- 1/4 cup sliced scallions
- 1/2 cup cilantro sprigs
- 8 lime wedges
- Hot chili oil

Directions

1. Soak noodles in warm water.
2. In large saucepan, bring broth, 4 cups water and ginger to boil.
3. Divide pork, bok choy, sprouts, scallions and cilantro among 4 large soup bowls.
4. Divide noodles into 4 portions.
5. A portion at a time, lower noodles in mesh strainer into boiling broth for 1 minute; transfer to soup bowls.
6. When all noodles are cooked, ladle hot broth into bowls. Serve with lime wedges and hot chili oil.

Pork Chilaquiles

Ingredients

- 1/2 red onion, sliced
- 1/4 cup vinegar
- 2 cups Pulled Pork
- 1 cup salsa verde
- 1 cup Tomato Sauce
- 1/4 cup chicken broth
- 4 cups crushed tortilla chips
- 1 1/4 cups shredded Monterey Jack cheese
- 1/2 cup sour cream
- Salt
- 1/4 cup chopped cilantro

Directions

- Preheat oven to 400 degrees . In small bowl, combine onion and vinegar. Let stand 15 minutes; drain. In large, ovenproof skillet, simmer pork, salsa, Tomato Sauce and broth, 3 minutes. Cover with chips, then cheese; bake until browned in spots, 10 minutes. Stir together sour cream, 5 tsp. water and pinch salt. Cut cheesy crust into quarters and transfer to plates. Top with onion, cilantro and sour cream.

Roast Pork-and-Veggie Burritos

6 servings

Ingredients

- 1 1/2 cups shredded sharp cheddar
- 4 burrito-size (10-inch) flour tortillas
- 1 can (15 oz.) black beans, rinsed
- 1 cup Pulled Pork
- 1 cup chopped Roasted Peppers
- 1 cup Rice Pilaf
- Vegetable Spray

Directions

- Sprinkle some cheddar in middle of each tortilla. Layer beans, pork, peppers and pilaf on top; roll up burrito-style. Coat extra-large skillet with vegetable spray and heat over medium heat; add burritos, tent with foil and toast well on both sides, 5 minutes total.

Pork-and-Avocado Tacos

6 servings

Ingredients

- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 1 tablespoon chopped cilantro
- 2 1/2 tablespoons EVOO
- Salt and pepper
- 2 cups chopped iceberg lettuce
- 3 small radishes, sliced
- 2 avocados, diced
- 1 large tomato, diced
- 3 cups Pulled Pork
- 2 tablespoons hot sauce
- 12 taco shells or corn tortillas

Directions

- In medium bowl, whisk together lime juice, honey and cilantro; whisk in EVOO and a pinch each salt and pepper. Pour half of dressing into second medium bowl. Add lettuce and radishes to 1 bowl, avocados and tomato to other. Season warmed pork with hot sauce. Divide lettuce and radishes among taco shells; top with pork, avocado and tomato.