

Bring Food And Family To The Table

(NAPSA)—If your family eats dinner together most days of the week, you have company. A recent survey revealed that nearly three-quarters (71 percent) of America's families eat dinner together at least four times a week. The survey by the National Pork Board salutes the tradition of family mealtime and celebrates the ninth annual National Eat Dinner Together Week, October 3-9, 2004.

The survey also revealed that a common mealtime obstacle is that most family "meal preparers" (91 percent) often spend more time preparing the meal than actually enjoying it with their family. To help simplify mealtime in kitchens across America, the National Pork Board is offering a free brochure titled "No Recipe Required: Delicious Pork Meals In Minutes."

Comprised of effortless recipes, the kinds people know so well they may not even have them written down, the brochure highlights winning recipes from a national "no recipe" recipe contest. From crushing crackers to spooning salsa, the recipes offer mealtime activities for all ages. The brochure features dish ideas for Portobello Pork Chops, Fiery Island Pineapple Pork Chops and Hawaiian Cobb Salad, to name a few.

The unique recipes, accompanied by timesaving tips, show how easy it is to spend more time with the family than in the kitchen.

Tips On Making Mealtime Happen

Here are some secrets to mealtime success:

- Keep it simple. Focus on recipes with no more than a few ingredients for treasured food and easy family mealtimes.

- Convenience is key. To minimize time and hassle and maximize flavor, combine pre-seasoned convenience products with fresh items.

- Keep the cooking basics on



hand. Broadening the range of basic ingredients you have on hand widens the variety of what you can cook at a moment's notice.

APPLE-PECAN TENDERLOIN MEDALLIONS

- 1 pound pork tenderloin**
- 2 tablespoons butter**
- 1 (16 oz.) can sliced apples, drained**
- ¼ cup packed brown sugar**
- ½ cup chopped pecans**

Trim fat from pork. Cut pork into ½-inch-thick slices. Melt butter in a large skillet over medium-high heat until it sizzles. Reduce heat to medium. Arrange pork slices in skillet. Cook for 2 minutes; turn slices. Spoon apples over pork. Sprinkle with brown sugar and pecans. Cover and cook for 4 to 6 minutes more. Makes 4 servings.

Nutrition Information Per Serving: Calories: 498; Fat: 23 g; Saturated Fat: 6 g; Cholesterol: 93 mg; Sodium: 129 mg; Carbohydrates: 46 g; Protein: 26 g; Fiber: 4 g.

The "No Recipe Required" recipes are available free by visiting otherwhitemeat.com or by sending a self-addressed mailing label to "No Recipe Required: Delicious Pork Meals In Minutes," National Pork Board, P.O. Box 9114, Des Moines, IA 50306.