

# Fabulous Food

## New Survey Reveals America's Dinner Dilemmas

(NAPSA)—Do you wish you were a better cook? If you do, you're not alone. A Dinner Plate Digest survey of more than 2,000 primary meal preparers from the National Pork Board found that while most people think they have good skills in the kitchen, eight out of 10 want to be better cooks. When it comes to dinner preparation, home cooks say there are a few obstacles in their way. More than half of home cooks (52%) reported they don't have time to try new recipes and about a third (31%) fear that their cooking efforts won't turn out well.

To help home cooks conquer their kitchen fears, here are some timesaving tips to help you prepare meals that will impress your family without spending hours in the kitchen.

**Convenience Is Okay**—Cut corners by using prepackaged salad greens, cut-up veggies and pre-grated cheeses. For many busy families, the small added costs of convenient foods are worth it to provide a nutritious dinner and still have time to enjoy the evening.

**Prep Before Preparing**—Assemble all the ingredients you need before you begin to simplify cooking and prevent multiple trips to the pantry, cupboard or refrigerator for ingredients.

**Choose Quick Cuts**—Pork chops, kabobs and pork tenderloin are some of the easiest pork cuts to cook. Use quick cooking methods that deliver great flavor, including grilling, broiling, braising or sautéing.



**Chile-Rubbed Pork Chops mingle the rich flavors of sesame oil, soy sauce, lime and cumin.**

**Cook Once, Eat Twice**—Instead of leftovers, think “planned overs” for dinner meals. Cook a few extra chops, slice thinly and refrigerate for tomorrow's main dish salad.

Spice up your dinnertime routine with the following recipe for “Chile-Rubbed Grilled Pork Chops.” If you can't find sirloin, substitute one-half inch thick loin or center loin pork chops. Add a fruit salad from the deli and packaged rolls for a complete dinner.

For hundreds of recipes and meal ideas, visit [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com).

### Chile-Rubbed Grilled Pork Chops

**4 boneless pork sirloin chops, about 6 oz each, about ½-inch thick**

#### Chile Rub:

**3 jalapeño chilies, seeded, very finely minced, about ¼ cup**  
**2 tablespoons sesame oil**  
**2 tablespoons soy sauce**  
**½ teaspoon sugar**

#### Marinade:

**2 garlic cloves, crushed**  
**1 tablespoon ground cumin**  
**1 teaspoon red pepper flakes**  
**½ cup fresh lime juice**  
**½ teaspoon salt**  
**¼ teaspoon freshly ground black pepper**

#### For Rub and Marinade:

Stir together jalapeño, sesame oil, soy sauce and sugar in small bowl. Wearing disposable gloves, rub mixture over all surfaces of chops. Place chops in single layer in shallow dish. In large measuring cup, stir together all marinade ingredients; pour over chops, set aside for 20-30 minutes.

#### Chop preparation:

Prepare a medium-hot fire in grill. Remove chops from marinade, discarding marinade. Grill chops over direct heat, turning once, to medium doneness, about 3 minutes per side. Serves 4.

**Nutrition Information Per Serving: Calories: 264; Fat: 11 g; Saturated Fat: 3 g; Cholesterol: 106 mg; Sodium: 440 mg; Carbohydrates: 3 g; Protein: 37 g; Fiber: 0 g.**