

 pork®

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nutritional value and health benefits of pork.



Asian Pork Nachos with Sriracha Cream

Prep: 15 minutes

Slow Cook: 8 hours 30 minutes • Serves: 4

- 1 boneless pork loin end roast (1 pound)
- 2 tablespoons honey
- 2 tablespoons less-sodium soy sauce
- 1 tablespoon minced fresh ginger
- 8 (6-inch) extra thin yellow corn tortillas
- Nonstick cooking spray
- ½ cup nonfat plain Greek yogurt
- 2½ teaspoons sriracha
- 1 cup reduced fat shredded sharp Cheddar cheese
- 3 cups coleslaw mix
- ¼ cup thinly sliced scallions

1. In 5- to 6-quart slow cooker, add pork, ½ cup water, honey, soy sauce and ginger. Cover and cook on low 8 hours or high 4 hours. Transfer to large bowl; with 2 forks, shred into bite-sized pieces. Add liquid from slow cooker; toss to combine.

2. Preheat oven to 350°. Spray both sides of tortillas with cooking spray. Stack 4 tortillas, cut into 6 wedges; repeat with remaining tortillas. On 2 rimmed baking pans, spread tortilla wedges in single layer. Bake 18 minutes or until golden brown and crisp, rotating pans and turning wedges after 10 minutes; transfer to wire rack to cool.

3. In small bowl, stir yogurt and sriracha until combined.

4. Line large rimmed baking pan with parchment paper. Spread tortilla chips on prepared pan; top with shredded pork and sprinkle with cheese. Bake 12 minutes or until cheese melts. Sprinkle with coleslaw and scallions; drizzle with yogurt-sriracha mixture.

Approximate nutritional values per serving:

380 Calories, 13g Fat (4g Saturated), 83mg Cholesterol, 597mg Sodium, 31g Carbohydrates, 2g Fiber, 14g Sugars, 36g Protein

Chef Tip

Serve with a blend of freekeh, edamame and fresh chopped cilantro.

Dietitian's Dish

> Eight cuts of pork meet the USDA guidelines* for "lean." Popular pork tenderloin has the same amount of fat as a skinless chicken breast.

*Per 3oz Serving. USDA National Nutrient Database for Standard Reference, April 2018.