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.
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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