



# Kitchen Connect



A Cent\$ible Nutrition Program Newsletter



## Pork Loin Roast

### Ingredients

- 1-2 teaspoons garlic powder
- 1-2 teaspoons dried rosemary
- Salt and black pepper to taste
- 2 Tablespoons canola oil
- 4-5 pounds pork loin roast (thawed, if frozen)
- Aluminum foil

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F.
3. In a small bowl, combine garlic powder, rosemary, salt, and pepper.
4. Rub pork roast with oil.
5. Press or rub the seasoning mixture into the pork roast.
6. Place pork roast on a baking sheet. Wash hands with warm water and soap after touching raw meat.
7. Cover pork roast with aluminum foil. Bake for 10 minutes.
8. Reduce heat to 350°F and cook for 60-75 minutes.
9. Uncover the pork and cook for another 10-15 minutes to give it a golden crust. Pork roast should cook for a total of 20-25 minutes per pound of meat.
10. Check the internal temperature of the pork roast with a food thermometer. When pork roast reaches an internal temperature of 145°F, it is done.
11. Remove pork roast from the oven and let it rest for 5 minutes before slicing into 3 ounce portions.

**Makes 10-12 servings**

## Safe Cooking Temperatures

In order for food to be safe, it needs to reach a high enough temperature to kill bacteria. This is especially important when cooking meat, poultry, and fish, and when reheating leftovers. Cooking foods to the safe temperature can reduce the risk of food borne illness and keep everyone feeling great.

The safe temperature varies for different foods. Using a food thermometer is the best way to make sure that food is hot enough. Below are safe temperatures for different foods:

- 165°F- all poultry (whole, cuts, and ground), casseroles, soups, and leftovers.
- 160°F- eggs, all ground meat (beef, lamb, pork), and all game meat (whole, cuts, and ground).
- 145°F- fish, whole cuts of beef, pork, and lamb.

You can learn more about food safety and receive a free food thermometer by joining Cent\$ible Nutrition Program classes. See back for more information.

# Green Bean & Rice Casserole

## Ingredients

- ½ cup onion, chopped
- 2 teaspoons of canola oil
- ½ cup brown rice, uncooked
- 1½- 2 cups low-sodium broth or water
- 1 15-ounce can low-sodium green beans, drained
- 1 15-ounce can low-sodium diced tomatoes
- ¼ cup shredded cheese (optional)
- Nonstick spray

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a medium-sized pan, sauté onions in oil for 3-5 minutes or until they begin to brown.
3. Add rice and broth or water. Cover and cook on medium high until rice is soft, about 20-30 minutes.
4. Preheat oven to 375°F.
5. Spray a small baking dish with nonstick spray.
6. Add green beans and tomatoes to cooked rice. Mix together.
7. Spread rice mixture in the baking dish. Top with shredded cheese.
8. Bake for 20 minutes or until cheese is melted and beginning to brown.
9. Freeze left-overs in 1 cup portions.

**Makes 6 servings**



## About CNP

The Cent\$ible Nutrition Program (CNP) is a free\* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lesson
- Hands-on activities

\* CNP is free for those who income qualify. Visit [uwyocnp.org/cnp-qualify/](https://uwyocnp.org/cnp-qualify/) for more information.

## Contact Us

Wind River Reservation CNP Educators:  
<https://uwyocnp.org/wrir/>

Phone: 1-877-219-4646

Email: [cnp-info@uwyo.edu](mailto:cnp-info@uwyo.edu)

Website: [uwyocnp.org](https://uwyocnp.org)

Facebook: [facebook.com/UWCNP](https://facebook.com/UWCNP)

**FOOD BANK**  
OF WYOMING™

 UNIVERSITY  
OF WYOMING  
Extension

  
Cent\$ible  
Nutrition  
Program

This newsletter is created in partnership between the Cent\$ible Nutrition Program, the Food Bank of Wyoming, and the mobile food distribution on the Wind River Reservation.