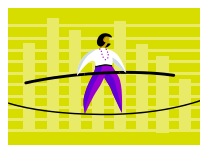




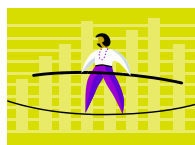
**A Fact About Family Meals**

September 18-24 is National Eat Together Week. During this week, the National Pork Board reminds us of the importance of family meals and encourages families to enjoy meals together **WHENEVER** they can find time—dinner, breakfast, lunch or even snack time.



**Balancing Food, Fun & Fitness**

Move Over Food Pyramid—  
“My Plate” is Here



There’s a new U.S. symbol for healthful eating. The Agriculture Department recently unveiled “My Plate”, abandoning the food pyramid which most recently was the icon for healthy eating.

My Plate serves as a reminder to make healthy food choices and to build a healthy plate at mealtimes. It is divided into four slightly different-sized quadrants, with fruits and vegetables taking up half the space and grains and protein taking up the other half. The vegetables and grains portions are the largest of the four. The dairy group is represented by the cup to the side of the plate.

When partnered with the 2010 version of the Dietary Guidelines, people can choose steps towards healthy eating that work for them and their families:

**Balancing Calories**

- ⇒ Enjoy your food, but eat less.
- ⇒ Avoid oversized portions.

**Foods to Increase**

- ⇒ Make half your plate fruits and vegetables.
- ⇒ Make at least half your grains whole grains.
- ⇒ Switch to fat-free or low-fat (1%) milk.

**Foods to Reduce**

- ⇒ Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- ⇒ Drink water instead of sugary drinks.

For more information on My Plate, visit their website



**Contact Us**

**Tara Andrews**

Extension Agent  
MSU Extension,  
Custer County  
Courthouse  
1010 Main Street  
Miles City, MT 59301  
(406) 874-3370  
tandrews@montana.edu

**Sheila Friedrich**

Extension Agent  
MSU Extension,  
Sheridan County  
100 West Laurel Avenue  
Plentywood, MT 59254  
(406) 765-3406  
sfriedrich@montana.edu

**Judy Johnson**

Extension Agent  
MSU Extension,  
Richland County  
1499 N. Central Avenue  
Sidney, MT 59270  
(406) 433-1206  
judyj@montana.edu

**Ardis Oelkers**

Extension Agent  
MSU Extension,  
Roosevelt County  
P.O. Box 416  
Culbertson, MT 59218  
(406) 787-5312  
aoelkers@montana.edu

**TO SUBSCRIBE:**

It’s easy to sign up for Mealtimes Solutions. Send an email or call one of the MSU Extension Offices listed at the right side of this page and leave your email address. Feel free to spread the word to your family and friends.

## SILENCE BUSTERS

Here are some ideas that are bound to start a lively discussion at your family table.

- If you were the parent of this family, what is one rule you would do away with; what is one new rule that you would create?
- If you owned a store, what would you sell?
- What is one food you could never give up eating and why?

Keep it on the light side, leaving serious discussion for another time. Turn off the TV, cell phones and iPods and just listen to what each other has to say.

## HALFWAY HOMEMADE

### Something to Celebrate...National Eat Together Week September 18-24

In a world of working parents, sports practices, school activities, ball games, and the many other things that make demands on family time, it's tough to find time to eat together. Studies continue to show that children and teens of families who regularly eat with their families develop better social skills and are more likely to excel in school. The National Pork Board is reminding families to make eating together a priority—no matter what time of day it may be—breakfast, lunch, dinner or even snack time. The Pork Board's website, <http://www.togetherformealtime.com> has many recipe ideas for quick family meals. Several of them are featured in this month's Mealtime Solutions.

#### Country Pork Skillet

4 boneless pork chops, diced  
1 12-ounce jar pork gravy  
2 tablespoons ketchup  
8 small red potatoes, diced  
2 cups frozen mixed vegetables



In large skillet, brown pork; stir in gravy, ketchup and potatoes; cover and simmer for 10 minutes. Stir in vegetables; cook for 10-15 minutes longer, until vegetables are tender. Serves 4.

**Serving Suggestion:** A simple one-dish meal that is completed with a salad and hot biscuits. Be sure that the potatoes are diced uniformly to ensure cooking evenly. For a change try using barbecue sauce or enchilada sauce to give the dish a bit of a kick.

*Recipe from PorkBeInspired.com*

*Each serving has 430 calories, 52 grams (g) carbohydrate, 12 g fat, and 690 milligrams sodium.*

## QUICK FIXES

### 5-Minute Crock-Pot™ Burritos

It only takes five minutes to throw this dish together in your slow cooker. When you get home you are only a couple of steps away from a meal your family will love.

1 sirloin end pork roast, about 3 pounds  
2 teaspoons Southwest seasoning or taco seasoning  
3 cups prepared chunky salsa, divided (use mild, medium or hot)  
8-10 flour or corn tortillas  
1 cup Cheddar cheese, or Colby-Jack cheese grated  
1 tablespoon fresh cilantro leaves, snipped or chopped (optional)

Rub southwest seasoning on both sides of pork; place in a slow cooker. Pour 2 cups salsa over pork; cover and cook on low for 6 to 8 hours. Using two forks, shred pork. Meanwhile, wrap tortillas in aluminum foil; heat in a 350° F. oven for 20 minutes or until heated through. Spoon pork mixture onto center of each tortilla; top with additional salsa, cheese and cilantro. Broil 1 minute or until cheese is bubbly. Roll up like a burrito to eat.

Serves 8 to 10

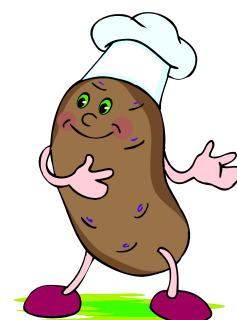
Serving Suggestions; Serve with black beans and Spanish rice.

*Recipe from PorkBeInspired.com*

*Each serving has 338 calories, 20 grams (g) carbohydrate, 12 g fat, 2 g fiber and 814 milligrams sodium.*

### Cook Once, Eat Twice— Shredded Pork Taters

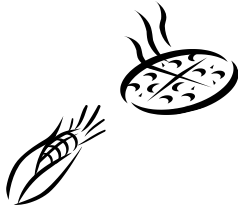
Plan ahead and cook enough pork roast so you will have plenty for two meals. The second night, scrub and pierce potatoes and bake at 400 degrees for 50-55 minutes or until tender (or bake in the microwave). Cut an “X” in each potato with a sharp knife; fluff with a fork. Top each with reheated pork mixture; sprinkle with cheese. Top with sour cream.



**NEW! U.S. Department of Agriculture Guidelines:**  
Pork can be safely cooked to medium rare at a final internal cooked temperature of 145 degrees F. as measured by a food thermometer, followed by a three-minute rest time. Ground pork, like all ground meats, should be cooked to 160 degrees F.



## DOABLE DINNER



**Barbecue Pork Skillet  
Citrus Slaw  
Whole Grain Dinner Rolls  
Low-Fat Milk**



### Barbecue Pork Skillet

4 pork chops, 3/4-inch thick  
1 teaspoon vegetable oil  
1/4 cup Italian dressing  
1/4 cup barbecue sauce

Heat oil in a large skillet over medium-high heat and brown chops about 1 minute on each side. Add remaining ingredients to pan, stirring to blend. Cover and simmer for 5-8 minutes until internal temperature on a thermometer reads 145° F., followed by a 3-minute rest time.

**Serves 4.**

*Recipe from PorkBeInspired.com*

*Each serving has 180 calories, 3 grams (g) of carbohydrate, 7 g fat, and 430 milligrams sodium.*

### Shopping List

- Pork Chops
- Italian Dressing
- Barbecue Sauce
- Bagged Shredded Cabbage
- Carrots
- Green Pepper
- Regular or Golden Raisins
- Whole Grain Rolls

### Citrus Slaw

1/2 cup mayonnaise  
2 tablespoons frozen orange juice concentrate, thawed  
1 teaspoon sugar  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
3 cups shredded cabbage  
1 cup carrots, shredded  
1/2 green bell pepper, thinly sliced  
2 tablespoons regular or golden raisins

Stir together mayonnaise, orange juice concentrate, sugar and salt and black pepper. Stir in shredded cabbage, carrot, green bell pepper, and golden raisins. Mix to coat, cover and keep in refrigerator until ready to serve.

**Serves 4 to 5.**

*This newsletter is available by mail on request. Contact one of the Extension Offices listed on the first page to request a mailed copy.*

**Explore the MSU Extension Service in your county.**

*The MSU Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.*