

Pulled Pork Tacos

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

Tender pork tacos with a kick.



Yield: 6 servings (3 tacos ea.)

Method of Preparation:

Ingredients:

Filling:

1 lb. Boneless pork sirloin
3 cans Chopped green chilis
1 cup Salsa
1 tsp. Garlic powder
1 tsp. Ground cumin
1 tsp. Paprika
1 tsp. Dried oregano
½ tsp. Salt
½ tsp. Black pepper

For Taco:

18 Corn tortillas
2 cups shredded lettuce
½ cup Mozzarella cheese
¼ cup Cilantro
2 limes cut into wedges

1. Cut pork roast in half and place in a 4 qt. slow cooker. Add chilis, salsa, garlic powder, ground cumin, paprika, dried oregano, salt, and black pepper. Cover and cook on low about 8-10 hours or on high for 4-5 hours, or until meat is tender and pulls apart.
2. Preheat oven to 350 degrees. Line tortillas on a sheet pan and bake for 15 minutes or until warm.
3. Remove pork and cool slightly. Shred meat with 2 forks then return it to the slow cooker; heat until warm.
4. Serve pork with tortillas, shredded lettuce, cheese, garnish with cilantro, and lime wedges; enjoy!

Nutritional Analysis: Per serving

Calories:	480 kcal	Fiber:	7 g	Calcium:	118 mg
Total Fat:	18 g	Cholesterol:	110 mg	Sodium:	800 mg
Saturated Fat:	8 g				
Protein:	43 g				
Carbohydrates:	50 g				

Baked Dill and Rosemary Salmon

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Salmon with a crispy bread crumb.



Yield: 4 servings

Ingredients:

1 cup Panko bread crumbs
2 Tbsp. Fresh dill
1 tsp. Garlic powder
1 tsp. Dried rosemary
½ tsp. Salt
½ tsp. Black pepper
4- 6 oz. Salmon fillets
2 Tbsp. Olive oil
1 lemon cut into wedges

Method of Preparation:

1. Preheat oven to 400 degrees. Toss panko breadcrumbs, dill, garlic powder, rosemary, salt, and black pepper together.
2. Place salmon fillets in a greased, medium baking dish. Brush on olive oil and top with panko mixture.
3. Bake uncovered for 13-15 minutes or until fish becomes flaky and the panko reaches a golden-brown color.
4. Garnish with lemon wedges and enjoy!

Nutritional Analysis: Per serving

Calories:	250 kcal	Fiber:	1 g	Sugar:	1 g
Total Fat:	9 g	Cholesterol:	86 mg	Sodium:	251 mg
Saturated Fat:	2 g				
Protein:	34 g				
Carbohydrates:	10 g				