



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Pork Carnitas Bowl with Local Apple Chutney

Featured Item: Apple

Serving Size: 1 bowl • Yield: 25

HACCP Process #2:

Same day service

Child Nutrition Credit:

2 ounces of Meat/Meat Alternate

1 ounce Whole Grain-Rich

0.25 cups of Fruits

Source: Pisanick Partners, LLC

INGREDIENTS

Pulled Pork:	5 lb., 9 oz.
Mini Cornbread Loaf:	25 loaves
Butter, unsalted:	2 tbsp., 2 1/3 tsp.
Onion, raw, chopped:	2 3/4 c., 1 1/3 tsp.
Local Apple, raw, chopped:	2 qt., 1/3 c.
Brown Sugar:	2/3 c., 1 1/3 tsp.
Ground Cinnamon:	3 tsp.
Allspice:	3/4 tsp.
Apple Cider Vinegar:	1/2 c., 1 tsp.
Orange:	3 count

DIRECTIONS

1. Peel and chop the apples. Dice the onions. Zest orange than juice.
2. Set a saucepan over medium-low heat. Add the butter. Once melted, add onions and cook for 3-5 minutes until they are clear.
3. Add the peeled and chopped apples, brown sugar, cinnamon, allspice, vinegar, orange zest and juice, and stir. Turn up the heat and bring to a simmer. Turn down to low and cover. Cook for 40 minutes. Chutney should look like applesauce when it is done.
4. Prepare pork: Bake pork in oven, covered, for 30 minutes at 350 degrees.
5. Place 4 oz. pork in bowl and top with 1/4 cup chutney. Serve with cornbread loaf.