



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: 4

Fun Facts:

- Apple trees take three to four years to produce their first fruit.

Try It!

- Cut up pieces of apple and put them on your oatmeal for a sweet addition.

Source: Pisanick Partners, LLC.

INGREDIENTS

Pulled Pork:	14 ounces
Mini Cornbread Loaf:	4 loaves
Butter, unsalted:	1 1/3 teaspoons
Onion, raw, chopped:	1/3 cup
Local Apple, raw, chopped:	1 1/3 cup
Brown Sugar:	1 1/3 tablespoon
Ground Cinnamon:	1/2 teaspoon
Allspice:	1/4 teaspoon
Apple Cider Vinegar:	1 tablespoon
Orange:	1/2 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.