



# PORK LOIN AND BEANS

**MACROS | SERVING SIZE**  
Protein 56 g | Fat 21 g | Carbs 45 g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 573 | Protein 38% | Fat 32% | Carbs 30%

**NUTRIENTS | SERVING SIZE**  
Fiber 2 g | Sodium 847 mg | Sat. Fat 6 g

**NOTE:** Nutrition analysis is based on the use of top pork loin, the average yield of legumes once drained and breadcrumbs.

## INGREDIENTS (serves 4)

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| 1 ½ lbs. center-cut boneless pork chops or loin (6 oz each x 4) | ½ cup dried bread crumbs or panko                                  |
| 2 tbsp. olive oil   | 1 cup thinly sliced fresh carrots                                  |
| 1 tsp. salt   | 1 medium onion   |
| ¼ tsp. ground pepper  | 2 14-15.5 oz. cans cannellini beans, drained and rinsed            |
| ¼ tsp. dried sage   | 1 package low sodium chicken bouillon or 1 cup of low sodium broth |
| 1 tsp. garlic powder  |  |
| ½ nonfat Greek yogurt   |  |

## DIRECTIONS

- Place each piece of pork between parchment paper or plastic wrap and gently pound until it is 1 ½ times its original size.
- Mix the yogurt and half the spices in a medium-sized bowl. Add the pork and toss to coat each piece evenly with the yogurt. Add the panko and toss to coat each piece.
- In a large skillet, heat ½ the oil over medium heat. Slowly add two pieces of the pork and cook for 2 minutes on each side to brown. Remove from pan and set aside. Add the remaining oil and repeat with the remaining two pieces of pork.
- Once the pork is removed and set aside, if using chicken bouillon, make according to package directions or use prepared broth. Add the broth to the skillet, scrape the pan to loosen the remaining pork drippings, and mix into the broth. Add the onions and carrots, cover, and cook over medium heat until the carrots and onions become fork tender. Add the beans, remaining seasoning and mix well. Top with the pork, cover, and cook until the pork reaches at least 145 degrees F.
- Serve by plating one pork chop and 1/4th of the bean mixture in or on each dish. Consider serving with a side salad.

## DIETITIAN TIP

Legumes are versatile, quick, and economical. Consider increasing your consumption to at least 5-6 servings per week to help meet your protein and fiber needs.

## NUTRITION EDUCATION

Protein needs do not change based on the source. Typically, meats, animal dairy products, and eggs are thought of as the main protein sources for most Americans. Yet, with the most up-to-date Dietary Guidelines for Americans, it is encouraged for individuals to increase the use of plant-based proteins as a strategy to meet protein needs. For some, this may be confusing, as there is information out there that plant-based proteins are not a “complete protein.” Generally, most plant-based proteins are not complete. All amino acids must be present for protein sources to be of “use” to the body. This is true and not true. To build muscle, this is the case, but amino acids separately promote key bodily functions besides just building muscle. Some plant-based proteins are complete and provide all essential amino acids. “Essential means” that the body cannot make these. Consuming various foods to meet protein needs is the best and most economical strategy. There is no longer any need to be sure that your meals contain “complementary proteins,” which means that if an animal protein is not consumed, the meal should consist of a combination of foods that provide all the essential amino acids. Now, the guidance is to consume a variety of plant-based sources throughout the day.

As stated above, your protein needs do not increase due to the type of protein consumed. Meet your protein needs with a variety of food sources, including plants. Increasing the number of plant sources to meet needs will also assist with meeting fiber needs and other key micronutrient needs while likely decreasing calories and fat consumption. Dried beans or legumes are versatile, quick, and economical.