



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

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Recipe of the Month—February 2015

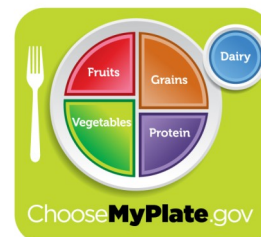
Shredded Pork Sandwich

Serves 4

Serving Size: 1 sandwich

Ingredients

3 tablespoons	sugar
¼ teaspoon	salt
1 teaspoon	mustard
1/3 cup	light mayo
3 tablespoons	cider or white vinegar
1 pkg (16 ounces)	shredded cabbage
2 cups	shredded pork (from pork chili featured in January recipe)
4	whole wheat buns



Make MyPlate Your Plate

Directions

Make the coleslaw

1. Mix sugar, salt, mustard, and mayo together in a large bowl. Add vinegar and stir with a wire whisk or fork.
2. Add the shredded cabbage to the bowl. Stir until ingredients are mixed well. You will use half the coleslaw for the sandwiches. You can use the other half as a side or with another meal.

Make the sandwiches

1. Thaw shredded pork from the pork chili recipe, if it is frozen. Reheat in the microwave for 2 minutes. Stop and stir. Reheat for 1 more minute. The temperature should be 165 degrees Fahrenheit.
2. Layer ½ cup shredded pork on the bottom of 1 whole wheat bun. Put 1 tablespoon barbeque sauce. Put top of 1 whole wheat bun on coleslaw.

NUTRITION FACTS PER SERVING: 380 calories, 9 g total fat (2.5 g sat. fat), 90 mg cholesterol, 610 mg sodium, 36 g carbohydrates, 5 g fiber, 15 g sugar, 37 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2014 Nutrition & Fitness Calendar*