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

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 barbecue 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