



Pork Patty, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- Pork patties are a meat product and can be found in the Protein group on ChooseMyPlate.gov.
- Pork patties are a good source of protein, B vitamins, and zinc.
- For specific information about pork patties, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- This item is fully cooked and mildly seasoned.
- Pork patties can be used to make a breakfast sandwich or can be chopped and scrambled with eggs and cheese to make a breakfast bowl.
- Chop up pork patties and use in chili, burritos, casseroles, or pasta dishes. Chopped pork patties can be used to enhance the flavor in dishes that use ground beef or turkey.
- Frozen pork patties can be thawed in the refrigerator or they can be thawed and heated to the appropriate temperature in the microwave or in the oven. Refer to the product package for specific heating instructions.
- Do not refreeze pork patties after they have been thawed or heated.

Storing Foods at Home

- Store unopened, frozen pork patties in the freezer until ready to use.
- After opening the package, take out the amount of pork patties needed and put the remaining back in the freezer in a tightly sealed freezer-safe bag or container not made from metal.

MyPlate Facts

- Pork is a good source of protein, zinc, and B vitamins including niacin, thiamin, riboflavin and vitamin B6.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Pork has zinc. Zinc helps the immune system work properly.
- B vitamins (niacin, thiamin, riboflavin, and vitamin B6) help the body release energy, aid in forming red blood cells, and help the nervous system work correctly.
- Fully cooked, mildly seasoned pork patties contain saturated fat, cholesterol, and sodium.
- Diets high in saturated fat and cholesterol can increase your risk of heart disease.
- Diets high in sodium can increase your blood pressure and put you at risk for a stroke.

USDA Foods

Pork, Cheese, and Egg Breakfast Sandwich

Makes 8 servings

Ingredients

Bakery mix

8 pork patties, heated

8 eggs

8 slices of low-fat cheddar cheese

Cooking spray

Directions: Wash hands with soap and water.

1. Prepare biscuits according to directions on bakery mix package.
2. In a large skillet over medium heat, spray pan lightly with cooking spray. Crack 4 eggs into the pan and cook until egg white is firm. Flip the egg and cook yolk to desired firmness. Take the eggs out and cook the remaining eggs to desired firmness and remove from the pan.
3. Add the pork patties to the pan and heat thoroughly. Before removing, add a slice of cheese to each pork patty and heat until cheese melts.
4. Slice each biscuit open, you should have a top and bottom. Place an egg on top of the biscuit bottom, then place a pork patty with melted cheese on top of the egg and add the biscuit top. Repeat step four for each biscuit.

Recipe adapted from www.BettyCrocker.com.

Taco Bake

Makes 8 servings

Ingredients

8 pork patties

1 onion, chopped

2 cans diced tomatoes, undrained

1 can kidney beans, drained, rinsed

1/2 cup water

1 package taco seasoning mix

10 cups tortilla chips, coarsely broken

2 cups low-fat cheddar cheese, shredded

Sour cream and chopped fresh cilantro (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F. Heat pork patties in large skillet over medium heat. Remove from pan and carefully chop into small-medium chunks. Return pork to pan.
2. Add tomatoes, beans, water, and taco seasoning mix. Stir and bring to a boil. Reduce heat to medium-low and simmer until slightly thicken, about 10 minutes.
3. Place broken tortilla chips in lightly greased 13x9 inch baking dish. Cover with layers of 1 cup of cheese, sausage mix, and remaining cheese.
4. Bake for 30 minutes. Remove from oven and let cool. Cut into 8 squares. Serve topped with sour cream and cilantro, if desired.

Recipe adapted from www.allrecipes.com.