



your

## ... It's Worth the Trip!



THINKING OUTSIDE THE BOX

### Pork Schnitzel with Parmesan Noodles and Stewed Apples

There is a 150 year old proverb that claims eating an apple a day will keep the doctor away. The use of catchy phrases (even back then) were used to promote good dietary habits; however, this proverb by itself doesn't have a significant impact on health. In fact, the true intent of the proverb is to tell people they need to eat more fruits and vegetables for good health. Even though most people can't scientifically convey the metabolic or biochemical benefits of produce, most know that health isn't negatively impacted by eating lots of produce. Ask yourself this: Is there anyone you know that has complained about gaining weight or getting a chronic disease because they ate too many fruits and vegetables? In fact, most doctors then and now don't typically prescribe less fruits and vegetables as a way to treat illness.

After decades of scientific research, studies show that eating a diet with plenty of fruits and vegetables improves overall physical and mental health. Produce (fresh, frozen and canned) are loaded with vitamins, minerals, fiber, antioxidants and even compounds (that we can't mimic with a pill) that protect against chronic diseases such as heart disease, diabetes and cancer as well as helping with the management of mental stress. For the most part, produce is low in calories so including ample amounts in the diet has proven to assist with meeting and maintaining optimal body fat and weight goals.

Even with all the known benefits of fruits and vegetables and for over 150 years of people being encouraged to eat more of them, Americans are still not meeting the minimum recommended number of 5 servings per day. In fact, recent data from the Department of Defense shows that on average, the typical active duty service member consumes less than 4 servings per WEEK. Our consumption is far below optimal!

Ideally, Americans should be consuming 8-10 servings a day. This can be easily accomplished by aiming to fill 1/2 your plate with fruits and vegetables for most meals, choosing fruits or vegetables for snacks, and also selecting varieties such as fresh, frozen and canned. A great goal to aim for is 8 servings per day. Try adding fruit at breakfast, 2-3 servings of vegetables at lunch (most side salads are 2 servings, and 1/2 cup cooked vegetables is 1 serving), snacking on fruit, and then having 2-3 servings at dinner.

This meal features fruit and vegetables at dinner and provides at least 2 servings towards meeting the goal of 8 servings of fruits and vegetable per day.



+



+



+



+



#### Directions:

- 1) Core, peel and quarter 4 apples and then place in a microwave safe dish. Sprinkle 1/4 tsp. of cinnamon and 1/2 tsp. of zero calorie sweetener over the apples. Add 2 tbsp. of water, gently toss, and then cover. Microwave the apples for 6-8 minutes or until they are fork tender.
- 2) While the apples are cooking, begin cooking the egg noodles (12 oz.) according to package directions.
- 3) Meanwhile, place 1 piece of boneless pork loin (5-6 oz.) between 2 sheets of plastic wrap and gently pound it with the flat side of a meat tenderizer until it is about 1/4-inch thick. Repeat this with 3 additional pieces (5-6 oz.). In place of a meat tenderizer, a heavy, thick coffee mug or the side of a canned vegetable can be used. Lightly season each piece with salt and pepper.
- 4) Pour 1 can of Italian seasoned bread crumbs (24 oz.) in a shallow dish. In another shallow dish, make an egg wash by mixing 2 large eggs with 1/2 cup of milk.
- 5) Dip 1 piece of the pork in the wash, then the bread crumbs, then again in the wash, and then finally once again in the bread

Serves: 4

crumbs. Set aside. Repeat with remaining pieces of pork. Lay the breaded pork cutlets in a single layer on a plate and refrigerate, uncovered, for 10 minutes so the coating dries a little and sticks to the pork.

- 6) Meanwhile, finish preparing the noodles by draining and quickly returning them back to the pot but removed from heat. Add 1 tbsp. of olive oil, 1 tsp. of minced garlic, and 2 tsp. of apple cider vinegar, a few shakes of dried oregano or Italian seasoning and 1/3 cup Parmesan cheese. Toss and cover until ready to serve.
- 7) Heat 4 tbsp. of olive oil in a large skillet. Once the oil is hot, gently add the breaded pork into the pan and cook until golden brown and crispy, about 3 minutes per side. Remove to paper towels to drain.
- 8) Serve by spreading 1/2 cup of mixed greens or baby spinach onto 4 plates. (The heat will wilt the greens.) Place a warm pork cutlet on top of the greens. Add 1/4 of the noodles and 1/4 of the apples to each plate.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](http://COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM).