

meal makeover

Pulled Pork Sandwiches

A hearty dinner that gets you OUT of the kitchen during the holidays is a treat in itself. A slow cooker turns pork tenderloin into tasty pulled pork sandwiches. Chopped veggies and whole wheat buns add a healthy spin. Best of all, the pork practically cooks itself while you enjoy the time with your family. Serve with a side of Cranberry Coleslaw and some sliced apples for a feast without a fuss.

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Pulled Pork Sandwiches

Serves: 8 • Prep time: 15 minutes •

Cooking time: 6 to 8 hours

- 2 to 2½ pounds pork loin or tenderloin, trimmed of all visible fat
- 1 large carrot, shredded (about 1 cup)
- 1 large red bell pepper, finely diced
- 1 medium onion, peeled and cut into thin wedges
- 1 jar (12 ounces) all-natural barbecue sauce
- 8 whole wheat hamburger buns

Add all the ingredients except buns to your slow cooker and stir to combine. Cover and cook on low for 6 to 8 hours. When the meat is tender, remove from sauce, place it on a cutting board, and shred using two forks. Place the meat back in the slow cooker and mix with the sauce. Serve immediately or let stand on warm until ready to eat. Serve on hamburger buns with Cranberry Coleslaw on the side.

NUTRITION INFORMATION (per serving):

390 calories, 10g total fat (4g saturated), 550mg sodium, 44g carbohydrates, 4g fiber, 29g protein, 45% vitamin A, 70% vitamin C

Cranberry Coleslaw

Makes 8 servings

- ⅓ cup light canola mayonnaise
- 3 tablespoons cider vinegar
- 3 tablespoons maple syrup
- ½ teaspoon salt
- 1 bag (16 ounces) coleslaw mix
- ¾ cup dried cranberries

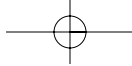
Whisk mayonnaise, vinegar, maple syrup, and salt in a large bowl until

smooth. Add the coleslaw mix and cranberries and gently blend. Serve right away or refrigerate and serve chilled.

NUTRITION INFORMATION (per serving): 100 calories, 3g total fat (0g saturated), 240mg sodium, 19g carbohydrates, 2g fiber, 1g protein, 30% vitamin C



A slow cooker helps you get this hearty dinner on the table quickly



NUTRITION IQ

Curious About Cranberries

Cranberries may make you think of Thanksgiving and Christmas, but they're available year-round. Whether you savor dried cranberries as an on-the-go snack, top your turkey with cranberry sauce, or quench your thirst with sweet/tart cranberry juice, the small yet mighty cranberry is a healthy addition to any diet. Perhaps its biggest claim to fame is as a protective potion against urinary-tract infections. Cranberries are also rich in antioxidants and may lower the risk of heart disease and certain cancers. If you're concerned about the 140 calories in a cup of cranberry juice, dilute it with water or a splash of seltzer.

MAKEOVER TIP OF THE MONTH

Break Bread Together

Eating regular family meals is associated with a healthy intake of nutritious fruits, vegetables, dairy products, and whole grains. However, on average, families eat just three to five dinners together a week. And as kids get older, the frequency declines. To make family dinners in your house more doable, try these tips:

MAKE IT A HABIT Habits (good and bad) are hard to break. Plan regular family meals at least a few nights a week and try to work the rest of your family's schedules around them.

PLAN AHEAD If 6PM is meltdown time at your house, prepare part of the meal the night before or earlier in the day so the dinner hour is more tranquil.

BE FLEXIBLE If you can't all gather for dinner, consider eating breakfast together.

NO TV DINNERS Turn off the tube and keep the conversation flowing. Check out Let's Talk, page 50.

Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD are cofounders of the online "Meal Makeover Moms' Club" at MealMakeoverMoms.com.

PRODUCT WATCH

Deli Turkey

When the Thanksgiving turkey runs out and you find yourself back at the deli counter, look for the healthiest options. Deli turkey can be high in sodium and contain preservatives like nitrites. However, there are several less salty, all-natural alternatives available. Here are a few of our favorites: **Boar's Head Premium Turkey Breast Skinless 47% Lower Sodium** (boarshead.com) • **Dietz & Watson Banquet Turkey Breast** (dietzandwatson.com) • **Applegate Farms Oven Roasted Turkey Breast** (applegatefarms.com)

