

SMOTHERED PORK CHOPS

SERVES 6



- 3 tablespoons vegetable oil
- 6 one-inch-thick pork chops cut from the loin
- 1 lemon
- 2 onions sliced thin
- 1 green bell pepper, cored and sliced into rings
- 1 red bell pepper, cored and sliced into rings
- 1 cup chicken stock
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar
- Salt and pepper to taste

Brown the chops in the vegetable oil in an oven-safe skillet.

Add the lemon, onion, bell pepper and sauté until tender.

Add the remaining ingredients. Cover and bake at 350F for 45 minutes.

Serve over steamed rice.

For more recipes inspired by Americans' food heritage and traditions, visit TheHenryFord.org

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Here at The Henry Ford, whenever possible, we use ingredients that come from local farms. You can do the same by visiting a nearby farmers market, then making this recipe for a fresh, healthy taste of history.

BREAD AND BUTTER PICKLES

MAKES 1 GALLON



- 8 cucumbers sliced
- 2 tablespoons kosher salt
- 1 yellow onion sliced thin
- ½ gallon distilled white vinegar
- 2 cups granulated sugar
- 2 tablespoons mustard seed
- ¼ cup turmeric

Cover the sliced cucumbers with ice water and the salt and soak overnight.

Drain cucumbers and combine with the onions in a shallow pan.

Combine the vinegar, sugar and spices. Bring to a boil and pour over the cucumbers and onions. Refrigerate overnight.

Keeps for one week in the refrigerator. Can properly during step three for longer preservation.

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CHICKEN AND RICE

SERVES 6

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6 boneless, skinless chicken breast

Salt and pepper to taste

2½ cups chicken stock

1 cup onions, diced small

1 thyme sprig

1 bay leaf

4 cups brown rice

1 cup tomatoes diced small

Season chicken breasts with salt and pepper and place in a pan with the chicken stock, onions, thyme and bay leaf. Cover and bake at 350F for 20 minutes. Add the rice and tomatoes. Cover and cook until the stock is fully absorbed

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DANDELION SOUP

MAKES ONE GALLON

- | | |
|---------------------------------------|---------------------------------------|
| 1 cup celery, diced | 4 cups spinach, chopped |
| 1 cup carrots, diced | 8 cups vegetable stock |
| 1 cup onions, diced | 1 bay leaf |
| 4 tablespoons fresh basil
minced | 1 cup fresh or frozen corn
kernels |
| 2 tablespoons fresh oregano
minced | 2 cups white beans, cooked |
| 1 tablespoon cumin | 1 cup potatoes, small dice |
| 4 tablespoons garlic, minced | Salt and pepper to taste |
| 1 tablespoon vegetable oil | |
| 4 cups dandelion greens,
chopped | |

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Saute the celery, carrot, onion, basil, oregano, cumin and garlic in the vegetable oil until tender.

Add the greens and spinach and sauté until the greens are tender.

Add the stock, bay leaf, corn, beans and potatoes and simmer until the potatoes are tender.

Season with salt and pepper.

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Heart Healthy Tips

Know your family history. Sharing your family history with your doctor can save your life. Early detection and prevention programs are available. Oakwood.org, Genetic Risk Assessment

Exercise for a healthy heart. Get moving and you can help prevent heart disease. The recommendation is 150 minutes of exercise a week, and it can be in as few as 10-minute increments.

Don't pressure yourself. Reducing the amount of sodium in your diet can lower your blood pressure 4-5 mmHg; maintaining a diet rich in fruits and vegetables can decrease your blood pressure another 8-15 mmHg; and exercising for 30 minutes three to five times a week can lower your blood pressure 5-7 mmHg. Aim for a resting blood pressure of less than 120/80 mmHg.

Count those calories. Know how many calories you should be eating and drinking to maintain a healthy weight. Don't eat more calories than you are able to burn daily and modify your exercise routine based on calorie consumption.

A variety of healthy foods is essential. It is important to eat nutritious food from all of the food groups. Choose whole-grain products, fruits, vegetables and fat-free or low-fat dairy products.

Choose high fiber foods. This is important to digestive health, and benefits your heart by lowering your cholesterol and stabilizing blood sugar levels. High-fiber foods consumed at breakfast help control hunger levels, which aides in weight loss. Adults should aim for a minimum of 25 grams of fiber per day.

Call 1-800-543-WELL to schedule a health screening today, mention The Henry Ford and Oakwood will donate \$10 toward The Henry Ford Annual Fund.



This recipe is reviewed to be a heart healthy choice by Morrison dietitians at Oakwood.

To learn more about healthy and heart healthy food choices, please visit oakwood.org/thf