



# QUICK SOUTHERN PORK BBQ & SWEET SLAW BOWLS

## MACROS | SERVING SIZE

Protein 34g | Fat 8g | Carbs 56g

## % CALORIES OF MACROS | SERVING SIZE

Calories 435 | Protein 17% | Fat 31% | Carbs 52%

## NUTRIENTS | SERVING SIZE

Fiber 8g | Sodium 531mg | Sat. Fat 2g

## INGREDIENTS (serves 4)

### For the Pork

1.5 lb pork loin  
1 medium onion diced/minced  
1 tsp smoked paprika  
1 tsp garlic powder  
1 tsp onion powder  
½ tsp each black pepper and salt  
½ cup low sodium chicken broth  
2 tbsp apple cider vinegar  
1 tsp red pepper flakes

### For Homemade BBQ sauce

3 oz. tomato paste (1/2 of a small 6 oz can)  
1 ½ tbsp apple cider vinegar  
2 tsp Worcestershire sauce  
¾ tsp paprika  
¼ tsp onion powder  
¾ tsp Dijon Mustard  
½ tsp honey or maple syrup  
3 tbsp water

### For Sweet Potatoes

2 large sweet potatoes cut into 1-inch cubes  
2 tsp olive oil  
¼ tsp paprika  
Dash of salt and pepper

### For Greek Yogurt Slaw

2 cups bagged shredded cabbage/slaw  
½ cup nonfat plain Greek yogurt  
1 tbsp apple cider vinegar  
1 tsp Dijon mustard  
1 tsp honey  
¼ tsp celery seed (optional)  
Salt and pepper to taste (optional)

## DIRECTIONS

Preheat oven to 425 degrees F.

1. Prepare slaw by mixing all ingredients in a bowl, cover and place in fridge for flavors to blend while preparing the rest of the meal.
2. Add to an electric pressure cooker the broth, vinegar, diced onions, red pepper flakes. Pat dry the pork loin and rub and pat the remaining spices on the loin. Place the loin in the pot. Seal and cook on high for 45 minutes. Let stand for 10 minutes and then release pressure.
3. Meanwhile, toss the sweet potatoes with oil and spices. Spread out in a single layer on a foil line baking sheet. Roast for 25-30 minutes, flipping halfway thru cooking time.

4. In a large bowl place, all of the BBQ ingredients and whisk together (or add all ingredients to a jar cover and shake). Add a little water to thin if needed.

5. Shred the pork using two forks while still in the pot. Serve by dividing the sweet potatoes equally between bowls. Top with equal amounts of slaw and pork.

## NOTES

- Consider serving the slaw and pork on whole wheat/grain buns or in wraps. Add lettuce tomato and spinach and take to lunch

## DIETITIAN TIP

To easily incorporate lean protein into your meals, consider preparing a large batch that you can use in different dishes throughout the week. Cooked animal proteins freeze well, so take advantage of sales by buying them in bulk, batch cooking, and freezing them for later use.

## NUTRITION EDUCATION

Lean pork is a nutritious and versatile protein source that is often overlooked when building a healthy eating pattern. While chicken and fish are frequently highlighted for their lean qualities, pork provides similar nutritional benefits when the right cuts are chosen. Lean pork is an excellent source of high-quality protein, B vitamins, iron, zinc, and selenium, all of which support muscle maintenance, metabolism, and immune function.

Despite its nutritional value, pork is sometimes unfairly labeled as too fatty or “unhealthy.” However, cuts like pork tenderloin, loin chops, and sirloin roast are actually very lean and comparable to skinless chicken breast. For instance, a 3-ounce serving of pork tenderloin contains only 3 grams of fat while providing 22 grams of protein.

Incorporating lean pork into meals is simple and economical. Budget-friendly options like boneless loin chops or ground pork (90% lean or higher) can be used in stir-fries, grilled dishes, or slow-cooked recipes. Lean pork also works well in various ethnic cuisines and can often be substituted for chicken or beef. Consider experimenting with different lean cuts of pork—try slowly cooking a lean pork sirloin roast and using it in various dishes throughout the week.