

## ▶▶▶ CRACKER CRUSTED PORK CHOPS ▶▶▶

### ALL YOU NEED:

- 4 bone-in ribeye (rib) pork chops (about 3/4-inch thick)
- 1 cup flour
- 3 eggs, beaten
- 1/2 cup parmesan
- 2 cups cheddar cheese crackers like Hy-Vee Penguins



### VEGETABLE KABOB:

- 4 wooden skewers, pre-soaked in water
- 1 cup mushrooms
- 1/2 red bell pepper, cut into chunks

- 1/2 zucchini, cut into chunks
- 1/2 cup cherry tomatoes
- 1 tablespoon olive oil
- Salt and pepper to taste

### ALL YOU DO:

1. Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper. Place cheddar cheese crackers in a plastic bag and crush with a rolling pin.
2. Set out three shallow dishes: place flour in the first, eggs in the second, and the parmesan and cracker crumbs in the third.
3. Coat pork chop with flour, then cover in egg. Place in cracker mixture and cover all sides.
4. Set on baking sheet and bake for 35-40 minutes, or until pork reaches an internal temperature of 145 degrees F.
5. Toss vegetables with olive oil, salt, and pepper and thread onto skewers. Roast on a parchment-lined baking sheet for 15-20 minutes and serve alongside pork chop.



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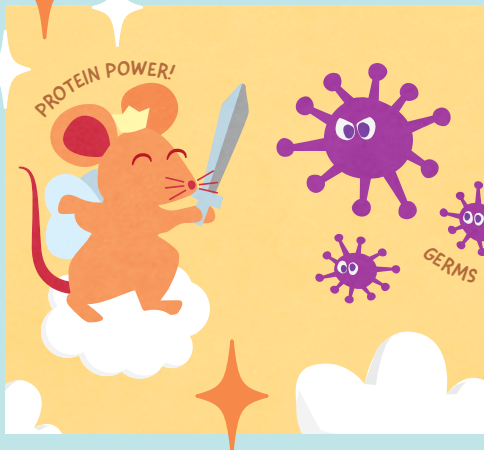
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# ALL ABOUT... PROTEIN

LET'S LEARN  
ABOUT PROTEIN!



PROTEIN POWER!



## HEY KIDS!

Have you ever wondered how you can run faster, jump higher or get stronger? A healthy, balanced diet that includes protein is part of the answer! Your body needs protein to build strong muscles and bones!



Think of protein like a building block that helps your body build strong muscles and bones. Let's see how different protein foods "stack up" against each other.

**Directions:** Count the protein building blocks for each food and write your answer on the line. (Note: 1 block = 1 gram)

4 oz pork chop = \_\_\_\_\_

1/2 cup quinoa = \_\_\_\_\_

1/2 cup tofu = \_\_\_\_\_

1/2 cup cooked oatmeal = \_\_\_\_\_

1/2 cup milk = \_\_\_\_\_

1/2 cup roasted crickets = \_\_\_\_\_

1/2 cup cooked brown rice = \_\_\_\_\_

23 almonds = \_\_\_\_\_

2 tablespoons peanut butter = \_\_\_\_\_

PORK IS PACKED WITH PROTEIN!

Which pork product would you choose to...

- Put on a sandwich? \_\_\_\_\_
- Put on a salad? \_\_\_\_\_
- Cook on the grill? \_\_\_\_\_
- Serve in a taco? \_\_\_\_\_
- Add to a stir fry? \_\_\_\_\_
- Serve with a baked potato? \_\_\_\_\_

References: <sup>1</sup> <https://www.healthline.com/nutrition/10-reasons-to-eat-more-protein>

<sup>2</sup> U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10093.



Scan for the full recipe and video or visit [pork.org](https://pork.org).

SCRAMBLED WORDS

Protein can be found in many foods. Can you unscramble the words below to discover what foods contain protein?



KOPR

\_\_\_\_\_



SNBEA

\_\_\_\_\_



TUSN

\_\_\_\_\_



KLMI

\_\_\_\_\_



GUROYT

\_\_\_\_\_

BREAKFAST

LUNCH

SNACK

DINNER

Place an **X** in the checkbox next to the protein foods you have tried before. Circle the foods you want to try. Then, write on the line whether you'd eat the food at breakfast, lunch or dinner.

**HELPFUL HINT:**  
Try to include protein foods at each meal. Power your day with protein!

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