

Food For Thought

Sauerkraut And Pork: Join The Tradition This New Year's

(NAPSA)—New Year's Day, like other holidays, has traditional foods associated with it. In many cultures, people ring in the new year with a feast of pork and sauerkraut—symbolic of good fortune and prosperity in the 12 months ahead.

Pork is a versatile part of any meal because its flavor blends well with a variety of tastes including the distinct, tangy flavor of sauerkraut. Today's pork has 31 percent less fat, 14 percent fewer calories and 10 percent less cholesterol than the pork of 20 years ago.

Sauerkraut is a healthful sidedish. It's a fat-free, low-calorie food, packed with fiber and vitamin C. According to the U.S. Department of Health and Human Services, cruciferous vegetables, like kraut, can reduce the risk of colon cancer.

Many cultures believe it is good luck to eat sauerkraut with pork on New Year's Day. A family that owns a pig is thought to be guaranteed to eat well throughout the upcoming year.

For more pork recipes, visit www.otherwhitemeat.com. For more sauerkraut recipes, visit www.greatlakeskraut.com.

Apple-Glazed Pork Roast with Sauerkraut

- 4 to 5 lb. pork sirloin roast
- 1 Tbsp. brown sugar
- 1 Tbsp. cornstarch
- $\frac{3}{4}$ tsp. caraway seed, divided
- $\frac{1}{4}$ tsp. salt
- 2 cups apple juice, divided
- 1 Tbsp. lemon juice
- 1 package (2 lb.)



Roast pork and sauerkraut is a delicious dish that's traditionally served on New Year's Day.

**refrigerated Krrrisp
Kraut sauerkraut***

- 1½ cups chopped apple
- ½ cup coarsely shredded carrots

In medium saucepan, combine brown sugar, cornstarch, ½ tsp. of the caraway seed and salt. Stir in 1½ cups apple juice and lemon juice. Cook and stir over medium heat until thickened. Set aside. Place pork in shallow roasting pan. Roast at 350°F for 1 hour. Spoon combined sauerkraut, apples, carrot, remaining ½ cup apple juice and remaining ½ tsp. caraway seed around pork roast. Pour apple juice mixture over pork roast and sauerkraut; cover. Roast 30 minutes longer, until meat thermometer reads 150°F. Let roast stand 5-10 minutes; slice to serve.

** If using canned or bottled sauerkraut, drain and rinse.*