



IOWA PORK
PRODUCERS ASSOCIATION



All-Star Pork Meatballs

1 pound ground pork	1 tablespoon onion flakes
3/4 cup crushed corn flakes	1/2 teaspoon salt
1/8 teaspoon ground black pepper	1 egg
1/4 cup ketchup	3 tablespoons brown sugar
1 teaspoon dry mustard	

Heat oven to 375 degrees F. In a large bowl, combine ground pork, onion flakes, corn flakes, salt, pepper and egg. In a small bowl stir together ketchup, brown sugar and dry mustard. Spoon 2 tablespoons of the ketchup mixture into the pork and mix well. Spray muffin tin with vegetable cooking spray. Form 6 meatballs and place in muffin tin. Coat the top of each meatball with the remaining ketchup mixture. Bake for 30 minutes at 375 degrees F., until nicely browned and glazed.



BLT&G Wrap

4 8-inch flour tortillas	4 ounces cream cheese spread
1/2 cup chunky salsa	1 cup shredded iceberg lettuce
1/2 cup guacamole	12 slices crisply-cooked bacon

Spread each tortilla on one side with some cream cheese; top with some salsa and shredded lettuce and spread evenly. Place three slices bacon on each tortilla; top with some guacamole and roll up to serve immediately.



Easy Taco Pizza

1/2 pound ground pork
2 tablespoons taco seasoning (1/2 package)
1 6-1/2 ounce package pizza crust mix
1 cup salsa
1 cup reduced fat shredded Colby Jack cheese
2/3 cup coarsely crushed tortilla chips
1 1/2 cups shredded lettuce
2 tablespoons sliced ripe olives

Heat oven to 400 degrees F. In large non-stick skillet, cook ground pork with taco seasoning mix over medium heat for approximately 10 minutes or until pork is crumbly and no longer pink. Prepare pizza crust according to package directions. Spread crust evenly on greased 12-inch pizza pan and top evenly with salsa. Sprinkle on taco meat, cheese, and tortilla chips. Bake in 400 degrees F. oven for 18-22 minutes or until crust is golden brown. Remove from oven, top with shredded lettuce and olives.