

# TACO Carnitas

Recipe of the Month | **OCTOBER**



## INGREDIENTS

- 3 to 3-1/2 pound bone-in pork shoulder roast
- 1/2 cup chopped onion
- 1/3 cup orange juice
- 1 tablespoon ground cumin
- 1-1/2 teaspoons kosher salt
- 1 teaspoon dried oregano, crushed
- 1/4 teaspoon cayenne pepper
- 1 lime
- 1/32 (5.3 ounce) containers plain low-fat Greek yogurt
- 1 pinch kosher salt
- 16 (6 inch) soft yellow corn tortillas, such as Mission® brand
- 4 leaves green cabbage, quartered
- 1 cup very thinly sliced red onion
- 1 cup salsa (optional)

## PREPARATION

Remove meat from bone; discard bone. Trim fat from meat. Cut meat into 2- to 3-inch pieces; place in a 3½- or 4-qt. slow cooker. Stir in onion, orange juice, cumin, salt, oregano and cayenne. Cover and cook on low 8 to 10 hours or high 4 to 5 hours. Remove meat from cooker. Shred meat using two forks. Stir in enough cooking liquid to moisten. For lime crema, remove 1 tsp. zest (set aside) and squeeze 2 Tbsp. juice from lime. In a small bowl combine lime juice, yogurt, and dash salt. Serve meat in tortillas with cabbage, red onion, salsa (if desired), and lime crema. Sprinkle with lime zest.

## WAC

### Fun Food Fact

Low fat plain Greek yogurt is a great substitute for sour cream. It is lower in saturated fat and contains probiotics for digestive health.

### NUTRITION INFORMATION

Serving size: 2 tacos  
Per serving: 301 calories; 8 g fat(2 g sat); 4 g fiber; 28 g carbohydrates; 29 g protein; 69 mg cholesterol; 7 g sugars; 329 mg sodium;  
Carbohydrate Servings: 2  
Exchanges: 1 vegetable, 1½ starch, 3 lean meat, ½ fat

