

Recipes and Other Stuff

If you have a favorite recipe that you would like to share, please bring it to the office for copying and it will be printed in the newsletter.

Slow-Cooker Cranberry-Orange Pork Roast

2 Tbsp. oil	1 flat boneless pork loin roast (4 lb.)
1 can (14 oz.) whole cranberry sauce	$\frac{1}{2}$ cup Catalina Dressing
1 Tbsp. less-sodium soy sauce	1 Tbsp. cornstarch
1 tsp. zest and $\frac{1}{4}$ cup juice from 1 orange	

Heat oil in large skillet on medium-high heat. Add meat; cook 4 to 5 min. on each side or until browned on both sides. Transfer meat to slow cooker.

Mix cranberry sauce, dressing and soy sauce; pour over meat. Cover with lid. Cook on LOW 4 to 5 hours. Remove meat from slow cooker, reserving liquid in slow cooker. Cover meat to keep warm. Whisk remaining ingredients in small bowl until blended; stir into liquid in slow cooker. Cook, covered, on HIGH 10 min. or until thickened.

Slice meat; place on platter. Drizzle with some of the sauce. Serve with remaining sauce.

For best results, do not cook the meat on the HIGH setting.

Serves 16

#30 If your toilet flapper doesn't close properly after flushing, replace it.

#31 Use a WaterSense® labeled showerhead. They're inexpensive, easy to install, and can save you up to 750 gallons a month.

#32 Turn off the water while you brush your teeth and save up to 4 gallons a minute. That's up to 200 gallons a week for a family of four.

#33 If your toilet was installed before 1992, purchasing a WaterSense® labeled toilet can reduce the amount of water used for each flush.

#34 Consider buying a dual-flush toilet. It has two flush options: a half-flush for liquid waste and a full-flush for solid waste.

#35 Plug the sink instead of running the water to rinse your razor and save up to 300 gallons a month.

#36 Turn off the water while washing your hair and save up to 150 gallons a month.

#37 When washing your hands, turn the water off while you lather.

#38 Take 5-minute showers instead of baths. A full bathtub requires up to 70 gallons of water.

#39 Install water-saving aerators on all of your faucets.

#40 Drop tissues in the trash instead of flushing them and save water every time.

#41 Look for WaterSense® labeled toilets, sink faucets, urinals and showerheads.

#42 One drip every second adds up to five gallons per day! Check your faucets and showerheads for leaks.

#43 While you wait for hot water, collect the running water and use it to water plants.