



Pulled Pork with Apples and Cheesy Mashed Potatoes (6-8 servings)

Contributed by Todd Armstrong

3 pounds potatoes
½ teaspoon salt
2 onions and 3 apples
½ cup milk
1 cup cottage cheese
12 oz. mild cheddar slices
Salt and pepper to taste
1-2 teaspoons butter, margarine, or oil
12 oz. (1 ½ - 2 cups) pulled pork
½ cup water or chicken stock or chicken broth
Optional: Carrot sticks and orange slices for garnish

Instructions:

Cheesy Mashed Potatoes

1. Peel and cube the potatoes. Place in a large pot with water. Add 1 ½ teaspoons of salt. Bring to a boil, and simmer gently until potatoes are soft and falling apart when a fork is inserted (about 15-20 minutes). Begin cooking onions and apples (see steps 1 and 2 below). Remove the potatoes from the heat but keep them in the water.
2. Mix the milk and cottage cheese in a pan and heat on stove at low/medium (or in a microwave) just until hot.

3. Drain the potatoes completely. Add the hot milk and cottage cheese. Mash this mixture until smooth, with a fork, potato masher or hand mixer.
4. Cut cheddar cheese into small pieces and add to potatoes. Cover until ready to serve.

Fried onions and apples

1. While the potatoes are cooking, cut the onions in half lengthwise, and slice them thinly. Peel and core the apples and cut them lengthwise into thin slices. Set aside.
2. Heat a frying pan on low heat and add 1-2 teaspoons of butter, margarine, or oil. Add the sliced onion to the pan and season with salt and pepper. Turn up the heat to medium-high and cook the onions until they start to turn brown (about 10-12 minutes), stirring often.
3. Add the apple slices to the frying pan and continue to cook the mixture until the apples start to soften and turn brown (about 5 minutes).
4. Add the pulled pork to the onions and apples to the pan. Add ½ cup of water or chicken stock/broth. Simmer for 5-10 minutes on medium low heat, stirring gently. Pork is ready when some of the liquid evaporates. Season to taste with salt and pepper.
5. Serve the pulled pork mixture with the cheesy potatoes on the side. Garnish with a slice or two of orange and some carrot stick.