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Non-profit

Meet your new **Board of Directors!** 

Prior to Minnesota Pork Congress, the MPPA and MPB entered a Joint Session together on February 20, 2023, to consider amendments to each organization's bylaws which included changes to the structure of the boards of directors. Motions were approved by both organizations to adopt the amendments and eligible voting members of each organization proceeded to elect the executive board of directors.



MARCH APRIL 2023

## Minnesota Pork Consolidates to One Board of Directors

As part of Minnesota Pork's 2021 Strategic Planning session, the MPB and MPPA board members directed the formation of a taskforce to consider structuring the organizational leadership so that a joint board of directors would oversee the work of the voluntary membership organization and mandatory checkoff organization. That taskforce met and provided a recommendation to each board of directors leading to an advisement encouraging the board of directors to take all steps necessary to transition to a single board governing both the MPB and the MPPA.

The primary purpose of the advisement is to combine the two separate boards of directors into one consolidated board that will oversee the management of the two organizations. The taskforce and boards believe these changes will improve the efficiency and reduce administrative and overhead expenses while continuing to maintain the two organizations as separate entities.



## **PORK CHECKOFF REPORT**

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#### MN PORK CALENDAR

#### **APRIL 13**

PQA+ Advisor Certification Training – Online via Zoom

9:00 a.m. - 2:30 p.m.. Pre-register: stouf002@umn.edu or 507-384-1745

#### APRIL 24

FFA State Convention, Career Connection

Lee & Rose Warner Coliseum MN State Fair **7:30 a.m. – 1:30 p.m.** 

#### JUNE 3

#### Tour de Cure

Boom Island Park Minneapolis, Minnesota **7:00 a.m. - 3:00 p.m.** 

#### **JUNE 14**

#### PQA+ & TQA - Hutchinson

Mcleod County Fairgrounds Extension Office Meeting Room 840 Century Ave. Hutchinson, Minnesota **PQA+: 9:00 a.m. – 12:00 p.m. TGA: 1:00 – 4:00 p.m.** *Pre-register: colleen@mnpork.com or 1-800-537-7675* 

#### JUNE 15 - 17

Grandma's Marathon Essentia Health Fitness Expo

351 Canal Park Dr. Duluth, Minnesota



## Meet the 2023 Board of Directors



Twelve pig farmers from across the state were elected to the Minnesota Pork Board of Directors on February 20, 2023, prior to Pork Congress. These farmers and industry stakeholders provide guidance for the three areas of checkoff work education, promotion, and research, along with the important work of the voluntary checkoff including visionary leadership and advocacy on behalf of Minnesota's farmers in St. Paul and Washington, D.C. After a bylaw amendments passed during a joint annual meeting session, the Board of Directors were elected to one-, two-, and three-year terms.

3 Year Term	2 Year Term	1 Year Term
Brian Schwartz,	Vince Baack,	John Anderson,
Sleepy Eye	North Mankato	Belgrade
Todd Selvik,	Mike Boerboom,	Brad Hennen,
Waseca	Marshall	Ghent
Daryl Timmerman,	Chris Compart,	Amber Portner,
North Mankato	Nicollet	Sleepy Eye
Myrna Welter,	Roger Punt,	Abbie Redalen,
Stewartville	Prinsburg	Chatfield

The collective board also voted on officers, electing Daryl Timmerman as the board president, Todd Selvik as vice president, and Abbie Redalen as secretary.



Pictured from L to R: Mike Boerboom, Vince Baack, Todd Selvik, Myrna Welter, John Anderson, Amber Portner, Brad Hennen, Abbie Redalen, Roger Punt, Brian Schwartz, Chris Compart, Daryl Timmerman

### **Board of Directors President, Daryl Timmerman**

#### Tell us about yourself and how you became involved in the farming community.

I was born and raised on a pig farm in southwest Minnesota, which is primarily where my roots and passion for agriculture and the pork industry stem from. In 2009, I joined the swine lending team at

Ag-Star, now Compeer Financial. I worked for the Hugoson family near East Chain from 2018-2021 which granted me a unique perspective as a producer. The cross-pollination of my upbringing with pigs on the farm and a career within the swine financing industry at Compeer drove me to become involved at Minnesota Pork. My involvement began on the public policy and human capital committees. I was elected to the MPPA Board of Directors for my first term in 2017. In my first two terms, I was blessed to work with and learn from Minnesota's best leaders in the swine industry as fellow board members. In 2022, when Dave Preisler announced his intentions to retire as CEO of Minnesota Pork, I chaired the CEO search committee. With only a single, three-year term left to serve on the board, I am humbled to serve as President.

#### Why did you decide to run for a position on the Board of Directors?

Serving on the Board of Directors is a great way to

give back to the industry. I believe it's important for individuals and companies to be involved in organizations, like MN Pork, that advocate tirelessly to position Minnesota's swine industry for sustained success. As an allied industry partner, being on the Board of Directors has helped me better understand the mindset of producers. There is incredible value in staying in the loop on key industry updates as things are in a constant state of change. I always encourage people to get involved and to consider serving on the board. It is a great way to build relationships with producers. political leaders and industry



Daryl Timmerman (age 4 at the time) and his brother Josh (age 2 at the time) pose for a picture when their father, Brian Timmerman, was interviewed by the local newspaper about moving sows to indoor farrowing facilities in the late 80's. Photo Credit: The Independent -January 19, 1989

stakeholders. As we serve and advocate for pig farmers, you never know how or when it's going to be important to have those connections.

#### What do you hope to accomplish during your time on the board?

We are at an interesting time as we merge the MPPA and MPB Board of Directors into a combined, joint board. We still have two organizations to represent, but unifying our board will better position us to efficiently provide direction to the staff and to best leverage stakeholder dollars. Jill as our new CEO and her staff are doing a great job moving into the new era under her leadership. From my seat as the board President, I look forward to providing guidance as we work with staff and simultaneously meld the boards together. It is critical



Darvl and his wife Angela with their three children. Jillian. Garrison and Novalynn. Photo Credit: Christy Bode Photography

that we find new ways to think big and drive results for our stakeholders.

In regards to policy, my goal is to ensure Minnesota's pig farmers, best interest is kept in focus regardless of the political environment. We're blessed to have AJ Duerr as our lobbyist in St. Paul and Lauren Servick on staff at the state office working with Jill to build out policy strategies to best serve our stakeholders. We have strong relationships with state agency leaders and with



long-standing elected leadership in St. Paul. The election last year brought in the largest number of new faces to the state legislature we have seen in a long time. There is a lot of work to do to ensure the best interest of Minnesota's pig farmers is considered as bills are passed and policies are adopted.

#### In your opinion, what is the biggest challenge facing today's pig farmers in Minnesota?

There are a number of challenges facing Minnesota's pig farmers. Managing an inflationary cost structure with volatile pork prices poses a struggle. Managing health across our herds has become increasingly critical as PRRS and PEDv, when present, have a larger impact on the producer's bottom line and ultimately their balance sheet.

There are a number of producers currently pondering where their farm fits in the industry 5-10 years from now. Succession plans are already in full implementation phase as our industry's founding baby boomers are retiring and the next generation is grabbing the steering wheel. As pig farmers, we have historically stayed ahead of incremental inflation by way of modest growth and operational productivity gains. It feels like growth will be constrained by construction costs, labor availability, interest rates, tax and trade policy and needed clarity from the Supreme Court on their looming decision on Prop-12. These issues and the nature of packer relationships are all things that weigh heavily on the minds of producers as they look to proactively manage their business forward and build out strategic plans for the future.

#### **Board of Directors President, Daryl Timmerman**

(continued from page 3)

#### What is your vision for the future of Minnesota Pork?

My goal is to have widespread, strong, and active engagement amongst a balanced legislative community. In order for farmers to have clarity to manage through the ever-changing dynamics, they need to have confidence the state of Minnesota is here to support their long-term ability to feed rural and urban families. Farmers need to maintain their freedom to operate. As stewards of stakeholder dollars, we need to work with legislators and agency leaders located in metro areas where the majority of food is not raised. It's important for us to truly leverage the research, education, and promotion resources our Checkoff dollars support, to work hand-in-hand to tell our story and to provide a pathway to increased pork consumption across domestic and established foreign markets.

### What are you most looking forward to as the Minnesota Pork President?

I am looking forward to working with our incredible group of board members, and our passionate Minnesota producer base. I'm looking forward to the opportunity to work more closely with stakeholders on key issues that make a difference in their family businesses. I anticipate and welcome intense conversations with producers from across the state. These will allow us to work as a board, with our staff, to be their voice and advocate for producers so that our farmers can truly do what they do best; raise healthy, affordable, safe protein in a responsible way that supports our communities and the environment.

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## Pork Congress Seminars Available Online

If you were not able to attend the 2023 Pork Congress or would like a refresher on what you learned while attending the seminars, you are in luck! Thanks to SwineCast, recordings of the seminars can now be found online at https://www.mnpork.com/pqa-plus-andtqa-certification-classes/pork-congress-seminarsrecordings/.

#### Seminars Available:

#### Demographic Considerations of Workforce Shortages

#### Eric Guthrie, Senior Demographer, Minnesota State Demographic Center.

Like many other industries, workforce shortages are a constant challenge for many through the entire pork industry supply chain. Eric Guthrie, Senior Demographer with the Minnesota State Demographic Center, discusses key demographic, economic, and social trends, and how these trends may impact the pork industry and transform the communities we live and work in.

## Sustainability Through the Pork and Agriculture Value Chain

Moderator: Dr. Brett Kaysen, National Pork Board Panelists: Dr. Sara Crawford, Sustainable Environmental Consultants Leif Fixen, The Nature Conservancy Lauren Servick, Minnesota Pork Board Jeff Edwards, McDonalds

Kevin Hugoson, Hugoson Pork

Sustainability is too big for any single farm, food company, commodity, or supply chain to solve on its own. There are critical conversations happening every day from farm-to-table as we work collaboratively to drive a more

sustainable future for food. With a surge in public interest, public and private investment, and changing political headwinds related to sustainable food production, panelists share their perspectives on how to advance and stay rooted in the attitude of continuous improvement for sustainable food.

#### **Understanding and Addressing Real Pork Barriers**

Carol Gstalder, SVP, Practice Lead, Heart + Mind Strategies

After a successful Mythbusting 1.0 campaign with Eric Stonestreet in fall 2021, the Pork Checkoff wanted to dig deeper on some of the tougher barriers creating consumer hesitation about pork. A consumer survey focused on impressions of food animal well-being explored how pork stacks up, what opportunities exist and who is motivated to take action (e.g., vote, contact officials, influence others). Hear the results and how NPB is working nationally and with state partners, like Minnesota, to leverage them for improved trust and image.



#### Pigs in Space: Mapping and Mitigating the Invasive Wild Pig-Domestic Swine Interface in North America

#### Dr. Ryan Brook, Associate Professor and Graduate Chair, Department of Animal and Poultry Science, University of Saskatchewan

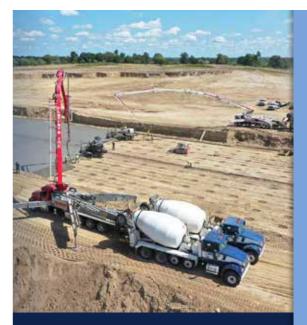
Dr. Ryan Brook was born and raised on a mixed farm east of Winnipeg, Manitoba. Like most people raised in Manitoba he drives with his left turn signal always on. He is currently a faculty member in Animal and Poultry Science at the University of Saskatchewan. His talk examines the risks and impacts of invasive wild pigs in Canada and the associated concerns of wild pigs potentially moving into the US, in the context of African Swine Fever response and preparedness.

#### 2023 Hog Market Outlook: Current Fundamentals, Margin Opportunities, and Strategies to Consider

Jon Greteman, Vice President of Hogs, Commodity and Ingredient Hedging (CIH)

#### Dustin Baker, Manager of Education and Research, Commodity and Ingredient Hedging (CIH)

This seminar started with a fundamental overview of the grain and hog markets in conjunction with the global political and economic situation. Attendees were provided with strategy alternatives to consider in the current market environment using an objective, data-driven approach to managing risk.



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## Eco-friendly pig production creates new era of opportunities

## Dale and Lori Stevermer are forging a path to the future with sustainability strategies and agriculture advocacy

#### By Cait Brown, Planet of Plenty

When Ed and Elizabeth Stevermer began construction on their southern Minnesota farmstead in the summer of 1916, they may have dreamed of little else aside from completing the project and getting settled. As it turns out, they were also building a legacy that would carry on through multiple generations.

The aptly named Trails End Farm, located near the small town of Easton, has remained family-owned and operated — with a particular emphasis on pig production — for over 100 years. Today, it is run by Ed and Elizabeth's grandson, Dale, and his wife, Lori, who took over from Dale's parents roughly 30

years ago.

#### A match made in hog heaven

Lori was raised some 35 miles away from her future abode, on a farm where her family maintained dairy cows and pigs. At 18, Lori set off for the University of Minnesota with ambitions of becoming a veterinary technician. Later, after changing her mind, she went on to graduate with an animal science degree.

With her brother taking over their family farm, Lori went into feed sales, initially working for a company called Wayne Feeds — a decision that would ultimately change the trajectory of her life.

When asked how she and Dale met, Lori said, "I was out, like every good salesperson, developing my territory and making cold calls, and I happened to stop at a farm near Easton, where I was visiting with a nice farmer about buying feed. I was interested in getting him to do a starter trial with his pigs, and he said, 'Well, I'm going on vacation. Would you be willing to talk to my son about this instead?'

"I said, 'Sure, why not?'" Lori continued. "As it turns out, I was visiting with Bernie Stevermer — Dale's dad — and you can probably guess who the son was that he wanted me to speak with in his place.

"We've been married for 32 years this November, and virtually every day, we can wake up, look out the window and see the very spot where we first met," she said.

### Careful resource management creates opportunities for growth

After attending Iowa State University and working in the finance industry for a few years, Dale returned to Trails End in the late 1980s. The farm was primarily a farrow-to-finish operation, home to around 130 sows. In 2016, Dale and Lori decided to sell the sows and convert their farrowing buildings to finishing barns, where they now grow pigs for Compart Family Farms one of the largest family-owned swine genetics businesses in the midwestern United States.

Giving up ownership of the sows — and adding a dependable income stream — allowed the Stevermers to focus less on the farm's capital needs, which gave them time to concentrate on higherlevel management of the farm. It also expanded their operation: At any given time, they now have around 2,000 pigs on-site, which will be raised from 40 pounds to a market weight of 280 pounds.

"I think one of the things that we always wanted to do is to have the ability to adapt our business — and that's part of sustainability, right? Sustainability isn't just about resource management; it's about business longevity, too," Lori said.

"As single-family operators, there was a great deal of work involved and some disease challenges that were consistently affecting productivity, so making this switch has been significantly impactful for us," Dale added.

#### Embracing technology to improve pig production

When it comes to farming, the Stevermers have long considered themselves open-minded and willing to try new things, particularly if an opportunity to improve their production procedures presents itself.

They have adopted various science-based production practices to help manage the pigs, including bringing them indoors to protect them from fluctuating temperatures and disease, as well as utilizing technology in their barns to provide a more consistent climate and improved air quality.

"Today, we use sensors and can remotely monitor temperature and water consumption so that we can intervene sooner if there's been a change," Dale said.

Over the past several years, Dale and Lori have implemented several regenerative agriculture practices that improve soil health, such as utilizing cover crops and conducting no-till practices on their 450 acres, in addition to taking steps aimed at improving air quality. To date, they have dedicated nearly 30 acres to this last endeavor, setting aside 18 of those acres for growing trees, 8 acres for buffer grasses and waterways, and 1 acre to become a pollinator habitat.

The Stevermers are also **Pork Quality Assurance Plus (PQA Plus)**-certified through the National Pork Board. This education and certification program is designed to help producers continually improve their pig production practices. Additionally, the Stevermers believe strongly in the **We Care Responsible Pork Initiative,** which similarly focuses on food and worker safety, animal well-being, environmental stewardship, public health and contributions to the local community.

"As pig farmers, we have one of the most honorable professions in the world: We produce food for others," Lori said. "Dale and I take that very seriously, and we want to make sure the food we produce is safe and made with respect for both the animal and the environment."

### Analyzing on-farm data leads to precise, more sustainable farm management

The utilization of precision ag software has enabled the Stevermers to take advantage of yield monitoring, a technique that uses GPS data to analyze variables such as crop yield and moisture content in a particular field. Yield monitoring allows farmers to gain valuable information about their crops and the soil health of their fields while simultaneously developing sitespecific crop management.

"The crop and animal cycle continues to become more refined," Dale explained. "Today, we're able to test the manure and quantify its nutrient profile. We also test our soils, and — using GPS production data — we apply varying amounts of manure to the ground depending on what is needed for nutrients. We balance our nutrient inputs with anticipated production levels.

"Manure has always been a valuable nutrient source, but the ability to refine the application based on soil health and crop needs has become more sophisticated due to the technology we now have at our fingertips," he continued.

Dale and Lori work with a third-party verifier called **Sustainable Environmental Consultants** (SEC), which helps collect and analyze data to assess and track Trails End's progress toward achieving its sustainability goals. He was introduced to SEC through a National Pork Board sustainability pilot project aimed at aggregating farm data on manure handling and usage.

SEC's verified results have provided several valuable insights.

"Results from the 151 operations that have participated show an average of a \$138 per-acre-reduction in fertilizer costs due to using swine manure and an average of 0.3 tons of carbon per acre sequestered, plus an 80% reduction in soil erosion," Dale said.

The Stevermers have used their farm's SEC reports to examine overall trends and identify areas of potential improvement. This has led to the installation of solar panels, as well as a flow meter and control system on the farm's manure tank.

"These efforts are really delivering quantifiable information in terms of how our practices are positively affecting things like decreased soil loss and lower greenhouse gas emissions," Dale said. "It's something that helps not just tell a story about agriculture — I think it also lets people know that we hold commonly shared values when it comes to caring about the environment. We truly want to conserve natural resources and use them more wisely, and we hope it will encourage other farms to adopt similar practices."

If you are interested in generating a Farm Impact Report for your farm to help you recognize key sustainability metrics on your farm, visit www.porkcheckoff.org/sustainability/.

### SAVE THE DATE!

## 2023 Young Leaders in Agriculture Conference

Mark you calendars for the Young Leaders in Agriculture Conference (YLAC), held **June 19-21** in Sioux Falls, South Dakota.

This year's conference continues the development of young leaders by exposing them to the diversity of today's challenges and ideas surrounding food and farming while building strong industry advocates and expanding professional networks. The event is tailored to agricultural leaders ages 18-22 from all agricultural sectors. Generous donors and sponsors make this conference free of cost to all attendees.



Registration opens May 15, 2023.

If your company is interested in sponsoring the Young Leaders in Agriculture Conference or have additional questions, please contact the Minnesota Pork Office at 507-345-8814.

## Minnesota Pork Board Scholarship Applications Now Open Scholarship applications due May 15, 2023



The Minnesota Pork Board awards up to five \$1,000 scholarships to young leaders pursuing careers in agricultural business, agricultural communications, agricultural education, agricultural engineering, agronomy, animal science, animal physiology, environmental sciences, nutrition, livestock reproduction, large animal veterinary medicine, and other related fields.

Qualified applicants must have an emphasis in the pork industry.

#### **Applicant Qualifications:**

- Minnesota resident
- Pursuing an undergraduate degree at a two or four-year institution with an emphasis in swine production or related field.
- Applicant must be entering either his/her freshman, sophomore, junior or senior year of college.
- Individuals can only receive one Minnesota Pork Industry Scholarship during his/her post-secondary tenure

#### **Qualified Applicants Must Submit:**

- Completed scholarship application form
- Letter indicating his/her intentions for future involvement in pork production/agricultural industry
- 750 word or less essay on a current or future pork industry challenge and his/her proposed solutions for the issue
- Two letters of recommendation
- Professional resume

For more information or questions contact Jill Resler, chief executive officer at the Minnesota Pork Board at 507-345-8814 or jill@mnpork.com.

To apply, visit https://www.mnpork.com/porkfacts/scholarships/.

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## 2023 Pork Congress Overview M



The Minnesota Pork Board (MPB) and Minnesota Pork Producers Association (MPPA) annual meetings were held one day prior to Minnesota Pork Congress on February 20. With busy agendas covering financial reports, resolutions, 2023 goals, and Pork Act Delegate elections, the two meetings provided thoughtprovoking conversations and a forward-looking mindset for 2023. Those eligible also voted for and welcomed twelve new Board of Directors members.



The Minnesota Pork distinguished service award recipient, Reuben Bode, accepts plaque from Minnesota Pork Board president, Brad Hennen at the Awards Reception.

#### **Awards Reception**

Each year, MPB recognizes individuals and families who have made significant contributions through pork promotion, consumer and producer education, youth mentoring, legislative action, and service to the pork industry and presents them with an award at the Awards Reception. Following the annual meetings on February 20, the awards reception was held at the Mayo Clinic Event Center in Mankato. The MPB and MPPA commend each award recipient for their dedication to the industry and thank them for their continuous efforts to improve it.

#### The 2023 award recipients are:

- Distinguished Service: Reuben Bode
- Environmental Steward: Adam Barka
- Family of the Year: Jim Veldkamp's farm transition to the Kracht Family
- Legislator of the Year: Rep. Rod Hamilton
- Pork Promoter of the Year: Donnie Schoenrock
- Swine Manager of the Year: Adam Ziemke

#### **Trade Show**

Hosting more than 186 exhibiting companies, the Pork Congress Trade Show began early Tuesday morning. Trade show attendees browsed the aisles and booths throughout the day noticing new cutting-edge innovations and technologies along with making impactful new contacts at Minnesota's best swine-specific trade show.

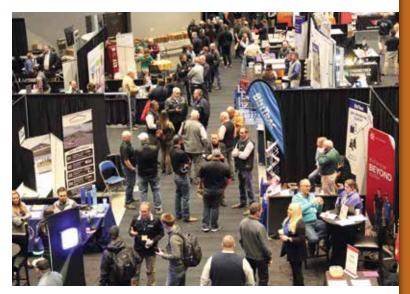
Following Tuesday's trade show activities, the Minnesota Pork Producers Association hosted a happy hour for all attendees and exhibitors to attend. A variety of delicious pork-centric appetizers and an assortment of drinks provided the opportunity for exhibitors to reconnect with attendees they met earlier in the day.

Though the Minnesota weather caused an early-end to the show Wednesday morning, exhibitors and attendees alike agreed it was still a majorly successful show.



Throughout the event, attendees also had the opportunity to attend a handful of seminars focused on industry hot topics. If you were unable to attend a seminar, recordings of the public seminars may be found on our website: https://www.mnpork.com/ farmer-resources/pork-congress-seminars-recordings/.

MPB and MPPA would like to say "Thank you!" to all the exhibitors, sponsors, and attendees who made the event so successful. We look forward to seeing you at the 2024 Minnesota Pork Congress on February 13-14!



Pork Congress trade show attendees browse the trade show displays and connect with exhibitors.

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Secretary: Abbie Redalen Chatfield

John Anderson Belgrade

Vince Baack North Mankato

Mike Boerboom Marshall

Chris Compart Nicollet

Brad Hennen Ghent

Amber Portner Sleepy Eye

Roger Punt Prinsburg

Brian Schwartz Sleepy Eye

Myrna Welter Stewartville

National Pork Board Dale Stevermer Easton

National Pork Producers Council Todd Marotz Sleepy Eye

Lori Stevermer Easton

Terry Wolters Pipestone

#### STAFF

**Jill Resler** *Chief Executive Officer* 

**Colleen Carey** Administrative Assistant

Katelyn Gradert Director of Communications

Lauren Servick Director of Marketing and Public Policy Engagement

**Pam Voelkel** Director of Events and Promotions

## Pork Please GRILLED HONEY GARLIC PORK CHOPS WITH HONEY MUSTARD SAUCE

Made with just 10 ingredients, these Grilled Honey Garlic Pork Chops are easy, juicy, tender, and delicious. Add Honey Mustard Sauce to take this recipe to the next level. Perfect for spring grilling and easy weeknight dinners!



I think we can all agree that after this long, cold, snowy winter, we are all ready for the flavor of grilled meats. Nothing says spring and summertime grilling like these lean pork chops, marinated in a flavorful honey garlic marinade and then grilled to perfection. Add an extra special touch by topping them with a simple honey mustard sauce. Fire up your grill – it's time to make these juicy grilled Honey Garlic Pork Chops!

#### Ingredients

#### For the pork chops and marinade:

4 boneless pork loin chops (about 6-8 ounces each and <sup>3</sup>/<sub>4</sub>- to 1-inch thickness)

3 tablespoons apple cider vinegar (may substitute lemon juice or white wine vinegar)

- 2 tablespoons pure honey
- 2 tablespoons avocado oil or olive oil
- 2 tablespoons coconut aminos\*
- 3 garlic cloves, pressed or minced (may substitute 1 teaspoon garlic powder)
- 2 teaspoons Dijon mustard
- $\frac{1}{2}$  teaspoon coarse salt
- <sup>1</sup>/<sub>4</sub> teaspoon black pepper

#### For the honey mustard sauce:

3 tablespoons mayonnaise
2 tablespoons Dijon mustard
1 tablespoon pure honey
2 teaspoons coconut aminos\*
¼ teaspoon dried thyme
¼ teaspoon garlic powder
Pinch of salt and pepper



#### Instructions



Make the marinade: In a small bowl or mason jar with a lid, combine the vinegar, honey, oil, coconut aminos, garlic, Dijon, salt, and pepper. Whisk or shake to combine well, and set aside.

Marinate the pork: Place the pork chops in a large zip top bag or container. Pour the marinade over them, and turn pork chops to coat. Marinate the pork chops in the refrigerator for 4-8 hours for best flavor (not less than 30 minutes and not longer than 10 hours).

**Grill the pork chops:** Preheat the grill to mediumhigh heat. Once the grill is heated, remove the pork chops from the marinade (and discard the marinade). Place pork chops on the grill. Grill pork chops, covered, for 8-12 minutes per side (cook time will depend on the thickness of the chops) or until the internal temperature reaches 145°. Let the pork chops rest for 5 minutes before serving.





4.

Make the sauce: While the pork chops are grilling, prepare the sauce. In a small bowl, combine the mayonnaise, Dijon, honey, coconut aminos, garlic powder, and thyme. Taste and season with salt and pepper.



**Serve:** Serve the grilled pork chops with the Honey Mustard Sauce drizzled over top. If desired, garnish with parsley or fresh thyme.

Recipe created in partnership with The Real Food Dietitians.





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