

RISE: YOU CAN GRILL AND SAVE THIS SUMMER WITH PORK. I'M RISE JILL MILLER.

ACCORDING TO RECENT DATA FROM THE U-S-D-A, THE PORTERHOUSE PORK CHOP IS 70% LESS EXPENSIVE THAN THE SAME BEEF STEAK CUT, AND THE NEW YORK PORK CHOP IS 58 % LESS EXPENSIVE THAN THE NEW YORK BEEF STRIP STEAK. WHAT DOES THAT MEAN? WITH PORK, YOU CAN FEED A FAMILY OF FOUR FOR UNDER TEN DOLLARS!

DANIELLE SMITH, FOUNDER OF EXTRAORDINARY MOMMY DOT COM:

DS: I PAY ATTENTION TO PRICES AT THE MEAT CASE AND PORK GIVES ME THE BEST SAVINGS AND VERSATILITY. I CAN SWAP ANY PORK CUT INTO VARIOUS RECIPES AND GET THE SAME JUICY, FLAVORFUL MEAL EACH TIME.

RISE: ANY RECIPE IDEAS?

DS: I LOVE GRILLED NEW YORK PORK CHOPS WITH MINTED STRAWBERRY AVOCADO SALSA. IT'S ONE EXAMPLE OF PAIRING PORK WITH IN-SEASON INGREDIENTS. A PERFECT DISH THAT'S BIG ON TASTE, BUT ISN'T BIG BUDGET.

RISE: VISIT [PORK BE INSPIRED DOT COM](http://PORKBEINSPIRED.COM) FOR MORE INFO AND NEW TEN FOR TEN DOLLAR RECIPES.