

Lassen Indian Health Center  
**Recipes for a Healthier You**

-by Dr. Jacqueline J. Bae, COO/CEO at LIHC

# Pork Loaf

- High in anti-oxidant
- Low in glycemic index
- High in protein
- Helps with lowering blood glucose –  
Dr. Jacqueline J. Bae, LIHC COO/CEO

## Nutrition Facts

9 Servings

- Calories 234
- Total fat 13g
- Saturated fat 4.5g
- Protein 24.5g
- Carbohydrate 4g
- Cholesterol 30mg
- Fiber 0g
- Sodium 554.5mg

### OUR NEW PROVIDERS:

Melissa Garnett, FNP  
M,W,Th,F • 7am-6pm

Robert Snyder, MD  
M-F • 8am-5pm

Katie Gaffney,  
Accupuncturist  
F and M • 10am-3pm

Dental Department  
M-F • 8am-5pm

Pharmacy Department  
M-F • 8am-5pm

Eric Trevizu, PsyD  
F • 8am-5pm

## Ingredients

- 1 pound extra-lean, low-sodium ground ham
- 1 pound ground pork tenderloin
- 1 egg
- 1/4 chopped onion
- 1/2 cup saltine crackers, crushed
- 1/2 cup fat-free milk

## Instructions

1. Preheat oven to 350 degrees F. Combine all ingredients in a large bowl.
2. Add to a greased loaf pan and bake for 1 1/4 hours or until well browned.

Makes 9 servings

**Back to School Event** for SIR Youth (2-19)  
August 3, SIR Resources Center (12-4pm)

**Lassen Indian Health Center  
Susanville Indian Rancheria**

795 Joaquin Street,  
Susanville, CA 9130

530-257-2542 • [www.lihc.org](http://www.lihc.org)

Medical Hours of Operation: 7am to 6pm (M,W,Th,F)  
Tuesday: 8am to 5pm

