



30-Minute RECIPES

Cook, eat, and go... Delicious pork meals in under half an hour!

Pork is versatile, quick to prepare, and comes in a variety of lean, nutritious cuts.

PORK · PORC
MARKETING CANADA

Easiest-Ever Pork Tenderloin



NUTRITIONAL INFORMATION (per 1/6 of recipe)
Energy 141 kCal, 25 g protein, 3 g carbohydrate, 2 g fat
(0.8 g saturated), 440 mg sodium, 0 g fibre

Yield: Serves 6
Preparation Time: 2 minutes plus time to marinate
Cooking Time: 20-25 minutes

2 PORK tenderloins, about 12 oz (375 g) each
2/3 cup (150 mL) Your favourite oil-based ready-to-use salad
dressing (Italian, Greek, Asian Sesame, etc.)

Place Pork tenderloins in a zip-top plastic bag and add salad dressing. Seal bag and massage marinade into Pork. Place in refrigerator for minimum 1 hour (up to overnight).

When ready to cook, preheat oven to 400°F (200°C). Remove tenderloins from bag (discard remaining dressing) and place in a shallow pan, lined with foil. Roast for about 20-25 minutes, or until internal temperature reaches 155°-160°F (68°-71°C) with a meat thermometer.

Serve with rice and your favourite vegetable, or slice and serve on salad greens topped with additional dressing if desired.

Quick Pork Parmesan



NUTRITIONAL INFORMATION (per 1/4 recipe without noodles) Energy 394 kCal, 39.3 g protein, 22 g carbohydrate, 15.5 g fat (5.7 g saturated), 776 mg sodium, 1.1 g fibre

Yield: Serves 4
Preparation Time: 10 minutes
Cooking Time: 10 minutes

1 lb (500 g)	PORK leg, PORK cutlets or boneless fast-fry PORK chops
1	Egg, lightly beaten
1/4 cup (60 mL)	Water
3/4 cup (175 mL)	Seasoned dry breadcrumbs
1 Tbsp (15 mL)	Olive oil
1 cup (250 mL)	Spaghetti/pasta sauce
1/2 cup (125 mL)	Mozzarella cheese, grated or shredded
1/2 cup (125 mL)	Parmesan cheese, grated

Using a meat mallet, pound Pork to 1/4-inch thickness (if thicker than 1/4 inch/6 mm). Combine egg and water and dip Pork into mixture; coat with breadcrumbs.

In a large non-stick fry pan, heat oil over medium to medium-high heat. Brown Pork about 2-3 minutes per side. Reduce heat to low. Gently pour spaghetti sauce over Pork and sprinkle with grated cheeses. Cover and heat for about 3 minutes or until cheese melts and sauce is hot. Serve with egg noodles and green beans or asparagus.

Pork & Mushroom Stroganoff



NUTRITIONAL INFORMATION (per 1/4 of recipe without noodles) Energy 232 kCal, 31 g protein, 5 g carbohydrate, 9.8 g fat (5.1 g saturated), 541 mg sodium, 1.5 g fibre

Yield: Serves 4
Preparation Time: 10 minutes
Cooking Time: 10 minutes

1 Tbsp (15 mL) Butter or margarine
1 lb (500 g) PORK loin chop or PORK tenderloin, cut into small pieces
3 cups (750 mL) Mushrooms, raw
1/2 cup (125 mL) 14% M.F. sour cream (not 'light' sour cream)
2 Tbsp (30 mL) Dijon mustard
1 Tbsp (15 mL) Tomato ketchup
2 tsp (10 mL) Paprika
1/2 tsp (2 mL) Salt
Chopped parsley for garnish (optional)

In a non-stick skillet, melt butter over medium-high heat. Cook Pork until lightly browned. Slice mushrooms and add to skillet; cook for another 2 minutes. Drain excess liquid from skillet. Lower heat to medium and add sour cream, mustard, ketchup, paprika, and salt. Stir and simmer until mushrooms are tender. Serve with cooked peas over hot egg noodles. Garnish with parsley if desired.

Tasty Tex-Mex Tacos



NUTRITIONAL INFORMATION (per taco)

Energy 215 kCal, 13 g protein, 12 g carbohydrate, 13 g fat (4.1 g saturated), 378 mg sodium, 1.7 g fibre

Yield: 8 tacos
Preparation Time: 10 minutes
Cooking Time: 15 minutes

1 lb (500 g)	Lean ground PORK
1	Onion, medium-sized, finely chopped
1	Garlic clove, minced
7.5 oz (213 mL)	Tomato sauce
2 tsp (10 mL)	Chili powder
1 tsp (5 mL)	Oregano
1/2 tsp (2 mL)	Salt
1/2 tsp (2 mL)	Cumin
1/4 tsp (1 mL)	Crushed red pepper flakes
8	Taco shells

In place of spices, you can use a 1.25 oz (35 g) package of taco seasoning

Optional toppings: grated Cheddar cheese, shredded lettuce, chopped tomato, chopped green onions, sour cream, salsa, guacamole.

In a large skillet, cook ground Pork over medium heat until brown. Pour off excess fat. Add onion and garlic and cook until tender. Stir in tomato sauce and seasonings. Simmer 5-10 minutes (add a little water if necessary). Spoon some of the meat mixture into each taco shell and serve with your favourite toppings.

20-Minute Chili



NUTRITIONAL INFORMATION (per 1 cup/250 mL serving) Energy 271 kCal, 20 g protein, 26 g carbohydrate, 10.8 g fat (3.9 g saturated), 355 mg sodium, 8 g fibre

Yield: Serves 8
Preparation Time: 5 minutes
Cooking Time: 15-20 minutes

1 lb (500 g)	Lean ground PORK or hot Italian PORK sausage, casing removed
1-28 fl oz (796 mL)	Diced tomatoes with Italian spices (canned)
3 Tbsp (45 mL)	Chili powder
1-19 oz (540 mL)	Kidney or black beans (canned), rinsed
1 1/2 cups	Corn, frozen

In a large skillet or Dutch oven, cook ground Pork or crumbled Pork sausage over medium high heat; stir occasionally. When Pork is thoroughly cooked, drain excess fat. Add canned tomatoes (with juice), and chili powder. Bring to a boil, reduce to medium heat and simmer for 5 minutes. Add beans and corn. Simmer for another 5 minutes.

Serve with whole-wheat crusty rolls. Top with sour cream and grated cheese if desired.

Pork Tenderloin

with Maple Pepper Coating



NUTRITIONAL INFORMATION (per 1/6 of recipe)
Energy 152 kCal, 25 g protein, 2 g carbohydrate, 4 g fat
(1 g saturated), 94 mg sodium, 0 g fibre

Yield: Serves 6
Preparation Time: 5 minutes
Cooking Time: 15-20 minutes

2	PORK tenderloins, well-trimmed, about 12 oz (375 g) each
2 Tbsp (30 mL)	Maple syrup
3 Tbsp (45 mL)	Dijon or grainy mustard
1 Tbsp (15 mL)	Canola oil
1 tsp (5 mL)	Coarse black pepper

Combine ingredients and spread mixture over Pork on all sides.

On BBQ: Preheat barbecue on high; reduce heat to medium. Place Pork on a greased grill and cover for about 15 to 20 minutes or until internal temperature registers 155°F (68°C). Remove to a cutting board. Tent loosely with foil. Let rest 5 minutes before slicing.

In Oven: Preheat oven to 400°F (200°C). Place Pork tenderloin in a shallow pan, lined with foil. Roast for about 20 to 25 minutes, or until internal temperature reaches 155°-160°F (68°-71°C) with a meat thermometer.

Serve with cooked pasta or mashed potatoes and a green salad.



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