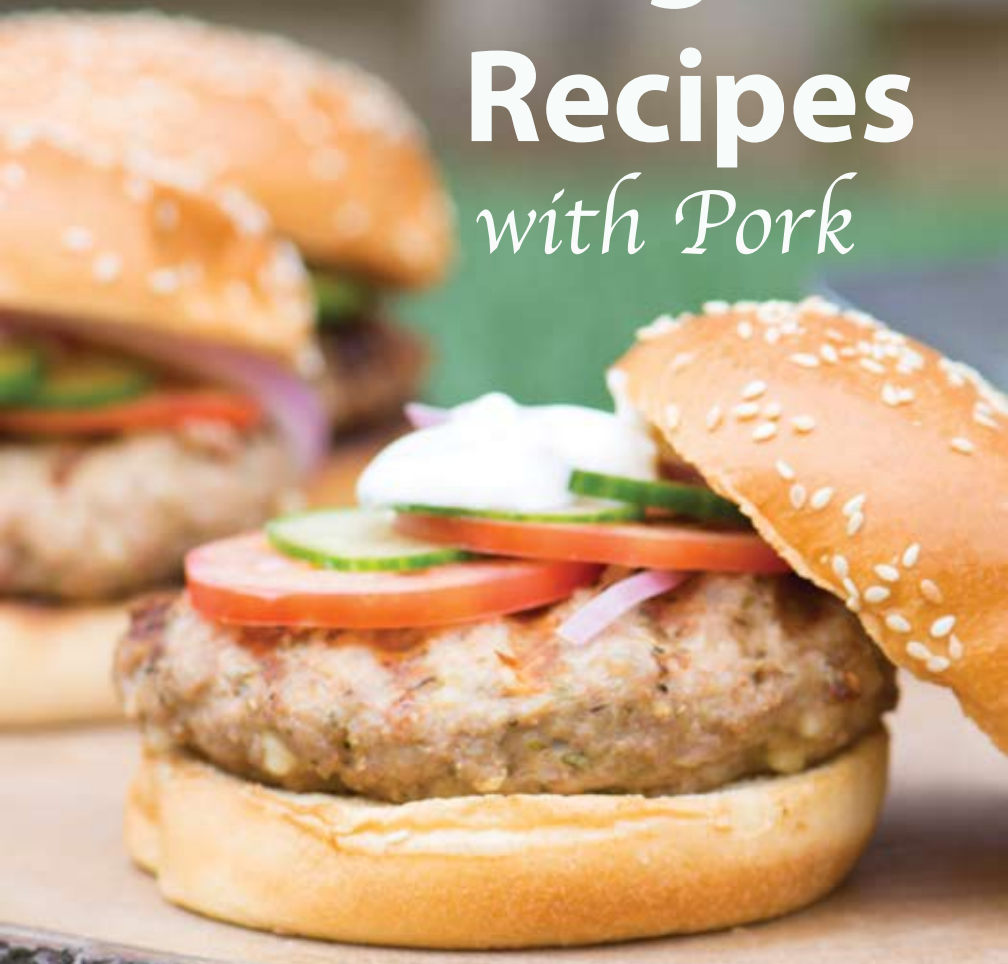


# Simple Grilling Recipes *with Pork*



Fresh, flavourful  
summertime meals!





# Crispy Mexican Pork Cutlets

Prep time: 10 minutes

Cooking time: 6 minutes

Yield: 6 servings

1 lb (500 g) pork leg or pork sirloin cutlets  
1/2 cup (125 mL) breadcrumbs  
1/4 tsp (1 mL) **each** cumin, chili powder, garlic powder, onion powder, oregano, paprika, salt and black pepper

1 egg, beaten  
1/4 cup (60 mL) flour  
1 avocado, diced  
1 Roma tomato, diced  
1 red onion, diced  
1 tbsp (15 mL) lime juice  
1/4 cup (60 mL) cilantro

1. Preheat BBQ to medium-high heat. Using a meat mallet, pound cutlets to about 1/4" thickness. In a small bowl, mix together breadcrumbs, cumin, chili powder, garlic powder, onion powder, oregano, paprika, red pepper flakes, salt, pepper and breadcrumbs. Place the flour and beaten egg in separate bowls. Dip each cutlet into the flour, followed by the egg mixture and finally breadcrumbs. Repeat the process for remaining cutlets. Set aside in fridge until ready to cook.
2. In a medium sized mixing bowl, stir together avocado, red onion, lime juice, cilantro, olive oil, salt and pepper to taste. Refrigerate until ready to use.
3. Place the cutlets directly on the grill and cook for about 3 minutes on each side. Serve topped with the avocado salsa and a small dollop of sour cream (optional).

**Nutrition Facts per 1 serving (1/6 of recipe):** 197 calories | 19 g protein | 7 g fat (2 g saturated fat; 67 mg cholesterol) | g carbohydrate ( 14 g fibre; 2 g sugars; 1 g added sugars) | 212 mg sodium | 342 mg potassium



# Easy Chili Ribs

Prep time: 15 minutes

Cooking time: 2 hours

Yield: 4 servings

2 lb (1 kg) pork back ribs  
1/4 cup (60 mL) chili powder  
1/2 cup (125 mL) packed brown sugar

1 tbsp (15 mL) **each** garlic powder,  
onion powder and paprika  
1/2 tsp (2 mL) **each** salt and black  
pepper

1. Preheat BBQ to 300°F (149°C), keeping one side of the BBQ off. Lift and peel the thin membrane from the back of each rack of ribs. In a medium sized mixing bowl, stir together chili powder, brown sugar, garlic powder, onion powder, paprika, salt and pepper. Rub 1/2 cup (125 mL) of the spice blend all over the ribs and wrap in heavy foil. If not cooking immediately, refrigerate until ready to cook.
2. Cook over indirect heat (the side of the BBQ that is off or on the top rack) for 2 hours or until the ribs are fork-tender. To finish the ribs, remove from the foil and place directly on the grill and cook for an additional 5 minutes until ribs are browned and caramelized.

Tip: Store remaining rub mixture in an airtight container for up to 6 months.

**Nutrition Facts per 1 serving (1/4 of recipe):** 409 calories | 26 g protein | 27 g fat (10 g saturated fat; 107 mg cholesterol) | 14 g carbohydrate (1 g fibre; 13 g sugars; 13 g added sugars) | 166 mg sodium | 340 mg potassium



# Mediterranean Pork Bunwich

Prep time: 10 minutes    Cooking time: 15 minutes    Yield: 4 servings

1 lb (500 g) cooked pork roast	1/4 cup (60 mL) pesto
1 cup (250 mL) sliced eggplant	4 buns, halved
1 medium onion, sliced	1/4 cup (60 mL) crumbled goat cheese or feta
1 red pepper, cut into strips	1/4 cup (60 mL) shredded mozzarella cheese
1 tsp (5 mL) vegetable oil	1 cup (250 mL) baby arugula (watercress or baby spinach may be substituted).
Pinch of salt and black pepper	

1. Heat BBQ grill to medium-high heat. In a medium sized bowl, toss eggplant, onion and red pepper in oil, salt and pepper. Wrap vegetables in foil and grill for 15 minutes, turning once after 10 minutes.
2. In a bowl toss together the pesto and pork slices. Re-heat the thin slices of pork on the grill for one minute. Place bun halves cut side down on the grill to toast for 1 minute.
3. To serve, layer buns with pork slices, grilled vegetables, cheese and arugula. Return buns to the top rack of the BBQ and close the lid. Cook for one-two minutes just long enough to melt the cheese.

**Nutrition Facts per 1 serving (1/4 of recipe):** 400 calories | 33 g protein | 19 g fat (6 g saturated fat; 69 mg cholesterol) | 24 g carbohydrate (3 g fibre; 6 g sugars; 2 g added sugars) | 602 mg sodium | 446 mg potassium





# Moroccan Spiced Pork Wrap

Prep time: 15 minutes    Cooking time: 17 minutes    Yield: 4 wraps

- |  |  |
|--|--|
| 1 lb (500 g) pork loin or boneless rib roast, sliced into 1/2" thick cutlets | 1 tsp (5 mL) <b>each</b> ground coriander, ground cumin, brown sugar   |
| 1 cup (250 mL) onion, sliced   | 1/4 tsp (1 mL) each ground all spice, ground cardamom, ground cinnamon, ground chili powder, salt and black pepper |
| 1 cup (250 mL) red pepper, sliced  | 4 slices of naan or pita flat bread  |
| 1 cup (250 mL) zucchini, sliced  | 1 cup (250 mL) prepared hummus   |
| 1 tsp (5 mL) vegetable oil   | 1/2 cup (125 mL) chopped cilantro  |
| pinch of salt and black pepper   |  |

1. In a large bowl, toss together onion, red pepper, zucchini, oil, salt and pepper. Cook directly on grill over medium-high heat for 15 minutes, flipping after 10 minutes.
2. In a medium sized bowl, mix together coriander, cumin, brown sugar, all spice, cardamom, cinnamon, chili powder, salt and black pepper. Toss the pork into the mixture until well coated. Place directly on the grill and cook for 2-3 minutes on each side. Remove from grill and let pork rest for 5 minutes and then cut into strips.
3. Warm naan or pita bread on the barbecue, 1 minute on each side. Spread 2 tbsp (25 mL) of hummus on the each flat bread, top with the grilled vegetables and sliced pork. Sprinkle with cilantro and wrap tightly in parchment or wax paper. Serve with extra hummus.

**Nutrition Facts per 1 serving (1/4 of recipe):** 408 calories | 32 g protein | 13 g fat (4 g saturated fat; 54 mg cholesterol) | 39 g carbohydrate (6 g fibre; 5 g sugars; 0 g added sugars) | 573 mg sodium | 569 mg potassium



# Pork Chef's Salad

Prep time: 20 minutes

Cooking time: 1 hour

Yield: 4 servings

1 lb (500 g) pork tenderloin

1/4 tsp (1 mL) **each** salt and black pepper

2 tbsp (30 mL) brown sugar

1/4 tsp (1 mL) garlic powder

8 cups (2 L) mixed greens

1 cup (250 mL) shredded cheddar cheese

1/2 cup (125 mL) bacon, cooked and crumbled

1 cup (250 mL) red onion, sliced

1 avocado, sliced

4 large eggs, hardboiled and sliced

1 cup (250 mL) cherry tomatoes, halved

1. Preheat BBQ to medium-high heat. In a small bowl, mix together salt and pepper, brown sugar and garlic powder. Rub tenderloin with mixture and wrap in foil. Place on the grill for 20 minutes, turning after 10 minutes or until an internal temperature of 155°F to 160°F (68°C to 71°C) is reached. Remove tenderloin from foil and return to the grill. Cooking for an additional 5 minutes, browning both sides. Remove from grill and let rest 5 minutes before slicing.

2. To assemble the salad: In a large serving bowl, layer the bottom with the mixed greens. On top of the greens, place the remaining ingredients in rows (similar to photo). Serve with your favorite salad dressing and rolls or garlic bread!

**Nutrition Facts per 1 serving (1/4 of recipe):** 416 calories | 38 g protein | 22 g fat (10 g saturated fat; 277 mg cholesterol) | 15 g carbohydrate (3 g fibre; 10 g sugars; 6 g added sugars) | 702 mg sodium | 906 mg potassium



# Greek Style Pork Burgers

Prep time: 15 minutes

Cooking time: 10 minutes

Yield: 4 servings

1 lb (500 g) lean ground pork  
2 cloves garlic, minced  
1 tbsp (15 mL) lemon juice  
2 tbsp (25 mL) dried oregano  
1 egg, beaten  
1/2 cup (125 mL) breadcrumbs  
1/4 tsp (1 mL) each salt and black pepper

1/4 cup (60 mL) crumbled feta  
3/4 cup (180 mL) tzatziki sauce  
4 burger buns, toasted  
1 red onion, sliced  
1 cucumber, sliced  
1 tomato, sliced

1. Preheat BBQ to medium-high heat. In a large bowl, mix together ground pork, garlic, lemon juice, oregano, egg, breadcrumbs, salt, pepper, feta cheese and 2 tbsp (25 mL) tzatziki sauce until well combined. Form into four patties about 1/2 inch thick.
2. Grill on the barbecue for 5-10 minutes on each side or until patties are cooked to well done (internal temperature should reach 160°F/71°C).
3. Place the burgers on the buns, top with tzatziki sauce, red onions, cucumber and tomato.

**Nutrition Facts per 1 serving (1/4 of recipe):** 340 calories | 33 g protein | 10 g fat (4 g saturated fat; 115 mg cholesterol) | 29 g carbohydrate (2 g fibre; 6 g sugars; 2 g added sugars) | 553 mg sodium | 435 mg potassium

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