



**BBQ
Recipes
for Healthy
Living**

**PICK
PORK**



Glazed Pork Kabobs (Pictured on front cover)

1 1/2 lbs	PORK TENDERLOIN, well trimmed, in 1"/2.5cm pieces	0.75 kg
2 Tbsp	cider vinegar	25 mL
1/2 cup	honey	125 mL
1/2 cup	mustard	125 mL
1 tsp	tarragon	5 mL
3-4	sweet potatoes, cubed	3-4
4	green peppers, in large chunks	4
8	small onions, in wedges	8

Combine vinegar, honey, mustard and tarragon. Cook sweet potatoes until tender-crisp (do not overcook). Thread pork pieces, potato cubes,

green pepper pieces and onion wedges on skewers,* alternating colours. Brush with honey-mustard mixture. Preheat barbecue on high; reduce heat to medium. Barbecue on lightly greased grill, about 5 minutes per side, turning and basting occasionally.

*Soak bamboo or wooden skewers in water for about 30 minutes prior to placing food on them to minimize burning.

YIELD: 6 servings

Per serving: Calories 380; Fat 4.5g (Saturated 1.5g, Monounsaturated 2g, Polyunsaturated 1g, Trans 0g); Cholesterol 75mg; Sodium 350mg; Carbohydrate 53g; (Fibre 5g); Protein 34g

NUTRITION INFORMATION

A 100g average serving of raw, untrimmed pork contains 192 Calories (800kJ), 21g of Protein, 10g of Fat and 0g of Carbohydrate.

Trimming makes a BIG difference A 100g average serving of raw, **TRIMMED** pork contains 139 Calories (580 kJ), 22g Protein, 5g of Fat and 0g of Carbohydrate.

Health Check...tells you it's a healthy choice

† All trimmed pork cuts, with the exception of ribs, are lean. When choosing meats, choosing leaner meats more often is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See www.healthcheck.org



Asian Pork Tenderloin Salad

2	PORK TENDERLOINS, well trimmed, about 12 oz/0.375kg each	2
2 tsp	coarse black pepper	10 mL
1 tsp	brown sugar	5 mL
1/2 tsp	cinnamon	2 mL
1/4 tsp	ground cloves	1 mL
1/4 tsp	salt	1 mL
1/2 tsp	ginger	2 mL
1 1/2 tsp	anise seeds, crushed	7 mL
9 cups	mixed baby greens	2.25 L
2	EACH peaches and oranges, sliced	2
6 Tbsp	Raspberry vinaigrette dressing	75 mL

Combine spices in a small bowl. Rub spice mixture evenly over all surfaces of tenderloins. (Pork may be covered and refrigerated up to several hours at this point to boost flavours.) Preheat barbecue on high; reduce heat to

medium. Grill pork on a lightly greased grill for about 20-25 minutes to an internal temperature of 155-160°F (68-70°C). Turn once or twice. Remove to a cutting board or plate. Tent loosely with foil and let rest 5 minutes before slicing. Arrange pork slices on top of mixed greens and sliced fruits. Drizzle with raspberry vinaigrette.

YIELD: 6 servings

Per serving: Calories 300; Fat 11g (Saturated 2.5g, Monounsaturated 4g, Polyunsaturated 4g, Trans 0g); Cholesterol 75mg; Sodium 130mg; Carbohydrate 16g; (Fibre 1.5g); Protein 33g



Polynesian Pork Burgers

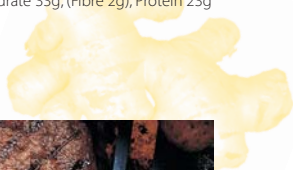
1 lb	LEAN GROUND PORK	0.5 kg
1/2 cup	chopped fresh mushrooms	125 mL
1	egg, slightly beaten	1
1/3 cup	canned water chestnuts, chopped	75 mL
2	cloves garlic, minced	2
1 Tbsp	grated ginger root	15 mL
2	green onions, sliced	2
2 Tbsp	chicken broth	25 mL
1 Tbsp	cornstarch	15 mL
1/2 tsp	freshly ground pepper	2 mL
6	Kaiser buns	6
	(Optional: 6 pineapple slices, lettuce leaves, plum sauce)	

Combine mushrooms, egg, water chestnuts, garlic, ginger root, green onions, chicken broth, cornstarch and pepper. Add pork and mix just to combine. Form into six 3/4" (2cm) patties. Preheat barbecue on high; reduce heat to

medium. Grill burgers on a lightly greased grill, 5-10 minutes per side to an internal temperature of 160°F (71°C). Always cook ground pork to well done. Serve in Kaiser buns. If desired, top each patty with a pineapple slice, lettuce leaf and a dollop of plum sauce.

YIELD: 6 servings

Per serving (with bun): Calories 375; Fat 16g (Saturated 5.5g, Monounsaturated 7.0g, Polyunsaturated 2.5g, Trans 0g); Cholesterol 90mg; Sodium 390mg; Carbohydrate 33g; (Fibre 2g); Protein 23g



Grilled Pork Fajitas

1 lb	PORK SHOULDER BLADE STEAKS, BONELESS	0.5 kg
1 tsp	chili powder	5 mL
1/2 tsp	EACH ground cumin, coriander	2 mL
1	clove garlic, minced	1
2 Tbsp	lime or lemon juice	25 mL
1 Tbsp	EACH canola oil, water	15 mL
1	EACH sweet red and green pepper, halved	1
1	large onion, halved	1
4	large flour tortillas	4
2	medium tomatoes, diced	2
1 cup	shredded cabbage	250 mL
1/2 cup	shredded Cheddar cheese	125 mL

Place pork steaks in a ziplock bag. Combine chili powder, cumin, coriander, lime juice, oil and water; pour over meat. Seal bag; marinate in refrigerator 4-24 hours, turning occasionally.

Preheat barbecue on high; reduce heat to medium. Remove pork from marinade; discard marinade. Place pork steaks on the grill along with halved peppers and onion, cut sides down. Grill pork 8-10 minutes per side. Remove from grill; cut into strips and keep warm. When peppers are softened and slightly charred, remove peppers and onions from grill. Slip skins off peppers. Slice peppers and onion. Meanwhile, wrap tortillas in foil and warm on top rack of barbecue. To serve, spoon pork strips, sliced peppers and onion evenly down the centre of each tortilla. Sprinkle with tomatoes, cabbage and cheese. Fold tortilla to enclose filling. Serve with salsa, if desired.

YIELD: 4 servings

Per serving: Calories 420; Fat 10g (Saturated 5g, Monounsaturated 7.5g, Polyunsaturated 2.5g, Trans 0g); Cholesterol 85mg; Sodium 310mg; Carbohydrate 36g; (Fibre 5g); Protein 33g

Chili Chops with Mango Salsa

4	PORK LOIN CHOPS, about 3 oz/100g each	4
1 Tbsp	brown sugar	15 mL
2 tsp	ground cumin	10 mL
2 tsp	chili powder	10 mL
1/2 tsp	salt	2 mL
1 1/2 tsp	canola oil	7 mL

Mango Salsa:

1	large mango, peeled, pitted and cubed	1
	Juice of 1 lime (2 Tbsp/25 mL)	
1 Tbsp	finely chopped red onion	15 mL
1-2 tsp	chopped fresh cilantro	5-10 mL
1/4 tsp	salt	1 mL

Combine sugar, cumin, chili powder and salt; blend in oil. Rub over all surfaces of chops. Cover and refrigerate 30 minutes to several hours to allow flavours to penetrate. Meanwhile, combine

Salsa ingredients. Preheat barbecue on high; reduce heat to medium. On a lightly greased grill, grill chops about 5 minutes per side, turning once. Serve with Mango Salsa.

YIELD: 4 servings

Per serving: Calories 170; Fat 7g (Saturated 2g, Monounsaturated 3.5g, Polyunsaturated 1g, Trans 0g); Cholesterol 60mg; Sodium 360mg; Carbohydrate 4g; (Fibre 0g); Protein 22g

Mango Salsa per serving: Calories 40; Fat 0g (Saturated 0g, Monounsaturated 0g; Polyunsaturated 0g); Cholesterol 0mg; Sodium 145mg; Carbohydrate 10g; (Fibre 1g); Protein 0g



Pork Loin with Cilantro Pesto

2-3 lb	PORK LOIN CENTRE ROAST, BONELESS	1-1.5 kg
1 cup	lightly packed cilantro leaves (stems removed)	250 mL
3	large cloves garlic	3
2	green onions, in 1"/2.5cm pieces	2
1 tsp	ground cumin	5 mL
3/4 tsp	oregano	4 mL
1/2 tsp	salt	2 mL
1/4 tsp	coarse black pepper	1 mL
2 tsp	canola oil	10 mL
2 Tbsp	dark rum	25 mL

Combine cilantro, garlic, onions, seasonings, oil and rum in a blender. Pulse until mixture is coarsely chopped. Lightly score any fat on pork in a diamond pattern. Rub cilantro pesto all over meat surfaces. Cover and refrigerate

4-24 hours. Place roast in a disposable foil pan. Preheat barbecue on high; reduce heat to medium-low. Turn off one side of barbecue. Roast pork over indirect heat to an internal temperature of 155-160°F (68-70°C) about 1 1/2 hours, basting occasionally. Remove from grill; tent loosely with foil and let rest 10 minutes before slicing.

YIELD: 10 servings

Per serving: Calories 210; Fat 6g (Saturated 2g, Monounsaturated 3g, Polyunsaturated 1g, Trans 0g); Cholesterol 100mg; Sodium 160mg; Carbohydrate 0g; (Fibre 0g); Protein 34g



BBQ Tips

- When taking food off the grill, use a clean platter. Never put cooked food on a plate or surface that has been used for raw meat. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.
- Preheating the barbecue on high is a great way to kill any lingering bacteria on the barbecue grids. A wire brush also helps to remove any unwanted debris.
- Wash your hands after touching raw meat. Use utensils to handle the cooked meat.
- Use a separate cutting board or surface for foods that will not be cooked (such as salad).
- Meat marinades contain uncooked meat juices. To use marinades as basting sauces, boil them for 5 minutes before basting to cook any juices.
- Always cook ground meats, like burgers, to well done – that's 160°F (71°C) on a meat thermometer. For burgers, insert the stem into the centre of the meat, parallel to the flat surface.



For more recipes:

www.saskpork.com

1-888-TRY-PORK

Saskatchewan Pork Development Board
2 – 502 45th Street W, Saskatoon, SK S7L 6H2