

# choose PORK

Easy Recipes  
for Healthy Living



# nutrition TIPS

Low fat cooking is the healthy way to go. Broiling, grilling, stir frying and roasting are all low fat cooking methods.

A non-stick skillet is a great way to minimize the use of fats and oils in cooking. If the recipe calls for a tablespoon, try a teaspoon instead. Or try a quick spritz of vegetable cooking spray.

Remember that condiments like barbecue sauce and ketchup may not have much fat, but they pack a lot of calories due to their sugar content. Instead, add flavour with herbs and spices, fruit juices, salsas and flavoured vinegars.

Plan ahead. Cut vegetables and pork strips or cubes in the morning and refrigerate. They're all ready for a lean stir fry when you come home from a busy day.

Packing a bag lunch? Choose healthy lean meats like ham or roast pork. Keep that sandwich lean with a dollop of flavoured mustard instead of higher fat mayonnaise.

How much meat is one serving? It's a piece weighing 3 oz/85 g – about the size of a deck of cards.

## 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.

† All trimmed pork cuts, with the exception of ribs, are lean. Choosing leaner meats is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)



## Lean Pulled Pork

3 lb	BONELESS PORK BUTT ROAST, well trimmed	1 kg
1 cup	barbecue sauce	250 mL
1 tsp	EACH cumin, oregano	5 mL
2 tsp	chili powder	10 mL
1 Tbsp	Worcestershire sauce	15 mL
2 Tbsp	cider vinegar	25 mL
1 Tbsp	molasses	15 mL
1	onion, sliced	1

Place roast in a roasting pan. Combine remaining ingredients; spread over and around roast. Cover and roast in a 325°F (160°C) oven for 3 1/2 hours. Remove roast to a cutting board. With 2 forks, pull meat into shreds, discarding any fat. Transfer shredded pork to a casserole dish. Pour cooking liquid into a measuring cup and remove any fat. Pour degreased

liquid over pork. Cover and bake another 45 minutes. To serve, layer onto Kaiser rolls and top with cole slaw if desired.

YIELD: 8–10 servings

Per serving: 186 Calories; 22g Protein; 7.2g Fat; 7.0g Carbohydrate; 298mg Sodium; 460mg Potassium

**DIABETIC DIET INFORMATION** per serving: 0.5 FRUIT & VEGETABLE and 3.0 PROTEIN choices



# Pork Sandwiches

## with Caramelized Onions

4	PORK CUTLETS, about	4
	1 1/4 lbs (0.625 kg)	
	garlic powder, pepper	
1 Tbsp	butter	15 mL
	Caramelized Onions	
4 slices	Monterey Jack or Swiss cheese	4 slices
4	Kaiser buns	4

Season cutlets with garlic powder and pepper. Melt butter in a non-stick skillet over medium-high heat. Add cutlets and cook quickly, about 5 minutes per side until nicely browned. Place each on the bottom half of a Kaiser bun. Top each with caramelized onions, a slice of cheese and the remaining bun halves.

### Caramelized Onions:

2 tsp	EACH butter, canola oil	10 mL
4 cups	thinly sliced onions	1 L

1 Tbsp sugar 15 mL

Heat butter and oil in a large skillet. Add onions and sugar. Stir well. Cook slowly over medium-low heat, stirring occasionally, until onions are soft and golden brown, about 25 minutes.

Yield: 4 servings

Per serving: 532 Calories; 44g Protein; 18g Fat; 48g Carbohydrate  
504mg Sodium; 913mg Potassium

**DIABETIC DIET INFORMATION** per serving: 2.0 STARCH,  
1.0 FRUIT & VEGETABLE, 5.5 PROTEIN and 0.5 SUGARS choices



# Pork and Cheese Roll-ups

8 oz	COOKED ROAST PORK, very thinly sliced (or DELI ROAST PORK)	0.5 kg
2 cups	broccoli florets, coarsely chopped	500 mL
1	red pepper, in large chunks	1
4	green onions, trimmed, coarsely chopped	4
8 oz	pkg. light cream cheese, in chunks	250 g
3 oz	crumbled blue cheese	100 g
1 Tbsp	lemon juice	15 mL
1 tsp	Worcestershire sauce	5 mL
8	10" (25cm) tortillas or wraps	8
1/2 cup	chopped toasted almonds	125 mL
	Chopped fresh parsley	

Place broccoli, red pepper and green onion in a food processor. Pulse until coarsely chopped; remove and reserve. Add cream cheese, blue cheese, lemon juice and Worcestershire sauce and process to blend. Add

reserved vegetables; pulse just enough to mix. Evenly spread one side of each tortilla with cheese mixture. Layer each with equal amounts of sliced pork. Sprinkle with almonds and parsley. Roll up tightly. Wrap in plastic wrap and refrigerate. To serve, cut each into 6 pieces.

YIELD: 48 pieces

Per piece: 71 Calories; 5.4g Protein; 3.3g Fat; 5.4g Carbohydrate; 102mg Sodium; 159mg Potassium

**DIABETIC DIET INFORMATION** per piece: 0.5 FRUIT & VEGETABLE, 0.5 PROTEIN AND 0.5 FATS & OILS choices



## 'FightBac' Tips:

- Be sure to store cold foods carefully. Your refrigerator temperature should be at 40°F (4°C) or lower to keep foods properly cold.
- Use paper towels to wipe up meat juices. Dishcloths should be sanitized with chlorine bleach to keep them germ-free.

# Mediterranean Pie

1/3 cup	all-purpose flour	75 mL
1 3/4 cups	milk	375 mL
3	large eggs	3
4 oz	SLICED PROSCIUTTO (or DELI HAM), coarsely chopped	113 g
2/3 cup	finely grated fresh Parmesan cheese	150 mL
1/2 cup	sun-dried tomatoes in oil, drained and chopped	125 mL
1/3 cup	large green olives (about 9), pitted and chopped	75 mL
3 Tbsp	chopped fresh parsley (or 2 1/4 tsp/11mL flakes)	50 mL

Combine flour, milk and eggs in medium bowl until smooth. Add remaining 5 ingredients. Mix well. Pour into greased flan dish or 9 inch (22cm) pie plate.

Bake in 325°F (160°C) oven for about 1 hour or until wooden pick inserted in center comes out clean. Cuts into 8 wedges.

1 wedge: 162 Calories; 8.7g Total Fat (3.6g Mono, 0.8g Poly, 3.6g Sat); 90mg Cholesterol; 9g Carbohydrate; 13g Protein; 634mg Sodium

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(pictured on front cover)

# Pork Tenderloin

## with Lemon Coriander Sauce

1 1/2 lb	PORK TENDERLOIN, well trimmed	0.75 kg
1 Tbsp	canola oil	15 mL
2 Tbsp	EACH lemon juice, soy sauce, liquid honey	25 mL
2 tsp	ground coriander	10 mL
1/4 tsp	EACH pepper, ground ginger	1 mL
1 tsp	grated lemon rind	5 mL
1/2 cup	chicken broth	125 mL
1 Tbsp	cornstarch	5 mL

Place pork tenderloins in a ziplock plastic bag.

Combine oil, lemon juice, soy sauce, honey, coriander, pepper, ginger and lemon rind. Pour over tenderloins. Seal bag and turn to coat pork well. Marinate in refrigerator 4–24 hours, turning occasionally. Remove tenderloins from marinade, reserving marinade. Place pork in a lightly greased baking dish. Bake at 350°F

(180°C) for about 35–45 minutes or until internal temperature reaches 160°F (70°C). Let stand, loosely covered, 10 minutes before slicing. Meanwhile, in a small saucepan, combine reserved marinade with cornstarch; add chicken broth. Bring to a boil, reduce heat and boil gently 5–10 minutes, stirring often. Serve sliced tenderloins drizzled with lemon coriander sauce.  
YIELD: 6 servings

Per serving: 215 Calories; 31g Protein; 5.5g Fat; 9.2g Carbohydrate  
403mg Sodium; 505mg Potassium

**DIABETIC DIET INFORMATION** per serving: 0.5 FRUIT & VEGETABLE,  
4.5 PROTEIN and 0.5 SUGARS choices

### 'FightBac' Tips:

- To use a marinade as a sauce for cooked meat, boil for at least 5 minutes to make certain that there are no uncooked meat juices remaining.
- Leftover food? Refrigerate quickly – within two hours. To serve, cover and reheat until steaming hot (165°F/75°C).



# Chili Glazed Pork Patties

1 1/2 lbs	LEAN GROUND PORK	0.75 kg
1/4 cup	chili sauce	50 mL
2 tsp	Worcestershire sauce	10 mL
2 Tbsp	chopped onion	25 mL
1 tsp	thyme	5 mL
1/2 tsp	salt	2 mL
1/4 tsp	EACH cinnamon, pepper, garlic powder	1 mL
pinch	ground cloves	pinch
2 tsp	canola oil	10 mL
1 cup	beef broth	250 mL
1/2 cup	chili sauce	125 mL

Combine pork, chili sauce, Worcestershire sauce, onion and seasonings. Form into 6 patties, 1/2" (1.25cm) thick. Heat oil in large skillet over medium-high heat. Cook patties 5 minutes per side or until no pink remains (160°F/71°C). Remove and keep warm. Add

broth to pan. Bring to a boil; cook 2 minutes, scraping up browned bits. Add chili sauce. Reduce heat; cook and stir 2 minutes until thickened. Return patties to pan; turn to coat with glaze. YIELD: 6 servings

Per serving: 298 Calories; 25g Protein; 21g Fat; 2.2g Carbohydrate  
465mg Sodium; 72mg Potassium

**DIABETIC DIET INFORMATION** per serving: 3.5 PROTEIN and  
2 FATS & OILS choices

# PICK PORK



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