



PICK PORK



Healthy
Recipes
for
Busy
People

Pork Paprikash

1	PORK TENDERLOIN, well trimmed, about 12 oz/0.375 kg	1
4 tsp	canola oil, divided	20 mL
3	medium onions, sliced	3
2 cups	sliced fresh mushrooms	500 mL
1 Tbsp	hot (Spanish) or sweet (Hungarian) paprika	15 mL
1/2 tsp	white pepper	2 mL
1/4 tsp	salt	1 mL
1/2 cup	nonfat sour cream	125 mL

Cut pork tenderloin into 1/4"/1 cm slices. Heat 2 tsp/10 mL oil in a nonstick skillet. Add pork strips and cook, stirring constantly until cooked through, about 3 minutes. Remove pork and pan juices; keep warm. Add remaining oil to skillet. Add onions, mushrooms, paprika, pepper and salt. Cook, covered, over medium heat, until onions are soft, 5–7 minutes. Return pork and juices to skillet; heat through. Remove from heat; stir in sour cream. Serve over noodles, if desired.

YIELD: 4 servings

Per serving: Calories 299.7; Fat 13.9g (Saturated 3.45g, Monounsaturated 6.6g, Polyunsaturated 2.7g); Cholesterol 68.9mg; Sodium 241.8mg; Potassium 765.6mg; Carbohydrate 14g (Fibre 2.2g); Protein 29.3g

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



Roasted Tenderloin with Vegetables

2	PORK TENDERLOINS, well trimmed, about 12 oz/0.375 kg each	2
1	yellow pepper, thickly sliced	1
1	red pepper, thickly sliced	1
2	zucchini, sliced lengthwise	2
1	red onion, cut into 8 wedges	1
1 Tbsp	canola oil	15 mL
1/2 tsp	EACH salt and pepper, combined	2 mL
1/4 cup	apricot or peach jam	50 mL
2 Tbsp	grainy mustard	25 mL
2 Tbsp	cider vinegar	25 mL

Place vegetables on a foil-lined baking sheet (with rims). Sprinkle with oil and half the salt/pepper mixture. Toss to coat well. Push vegetables to sides of the sheet. Place pork tenderloins in the centre of the sheet. Combine remaining salt/pepper mixture

and remaining ingredients. Brush generously over pork. Roast at 450°F (230°C) for about 25 minutes. Then broil until pork and vegetables are lightly browned. Let pork rest 5 minutes before slicing thickly. Serve on a platter, surrounded by vegetables. YIELD: 6 servings

Per serving: Calories 314.2; Fat 11.5g (Saturated 3.3g, Monounsaturated 5.5g, Polyunsaturated 1.3g); Cholesterol 90.7mg; Sodium 330.6mg; Potassium 730.4mg; Carbohydrate 15.1g (Fibre 1.8g); Protein 36.7g



Pork Loin Roast with Mustard Mayonnaise

2–3 lb	PORK LOIN CENTRE ROAST BONELESS	1–1.5 kg
1 Tbsp	canola oil	15 mL
1/4 cup	Dijon mustard	50 mL
1/2 tsp	dried thyme	2 mL
1/4 tsp	EACH salt and pepper	1 mL
1/2 cup	light mayonnaise	125 mL
1 Tbsp	grainy mustard	15 mL
1 Tbsp	chopped green onion	15 mL
1 1/2 tsp	lemon juice	7 mL
dash	hot pepper sauce	dash

Combine oil, mustard, thyme, salt and pepper. Spread over surface of meat. Roast at 325°F (160°C) until meat thermometer registers 155°F (68°C), about 1 1/2 hours. Tent loosely with foil; let stand 10 minutes before slicing. Meanwhile, combine remaining ingredients; chill. Serve sliced roast, hot or cold, with Mustard Mayonnaise.

YIELD: 8-10 servings

Per serving: Calories 339.8; Fat 16g (Saturated 4.1g, Monounsaturated 8.1g, Polyunsaturated 2.3g); Cholesterol 110.6mg; Sodium 365mg; Potassium 521.6mg; Carbohydrate 3.3g (Fibre 0.4g); Protein 43.3g



Pork Pad Thai

3/4 lb	LEAN GROUND PORK	0.375 kg
3 Tbsp	rice vinegar	45 mL
2 Tbsp	sugar	25 mL
3/4 tsp	EACH red pepper flakes and salt	4 mL
1/2 lb	broad dried rice noodles	0.25 kg
1 Tbsp	canola oil	15 mL
3	cloves garlic, minced	3
2	eggs, beaten	2
2	stalks celery, sliced	2
2 cups	sliced green onions	500 mL
2 cups	bean sprouts	500 mL
2	fresh limes	2
1/4 cup	EACH chopped peanuts and chopped cilantro	50 mL

Combine rice vinegar, sugar, red pepper flakes and salt; set aside. Cover noodles with boiling water; soak until softened, about 7 minutes. Drain and rinse; set aside. Heat 1 Tbsp/15 mL oil in a nonstick skillet over medium-high heat. Saute garlic briefly. Reduce heat to



medium; add pork and celery; cook about 5 minutes, until pork is cooked through and celery is tender-crisp. Remove from skillet; keep warm. Add eggs to skillet. Cook, stirring vigorously, until just cooked. Add vinegar mixture and green onions; heat through. Add bean sprouts, rice noodles and pork mixture. Cook and stir briefly until heated through. Transfer to serving plate. Squeeze with juice of 1/2 lime. Garnish with peanuts, cilantro and remaining limes, cut into wedges.
YIELD: 4 servings

Per serving: Calories 657.1; Fat 28.6g (Saturated 8.3g, Monounsaturated 13.3g, Polyunsaturated 4.6g); Cholesterol 173mg; Sodium 742.2mg; Potassium 844.4mg; Carbohydrate 69g (Fibre 5.6g); Protein 32.1g

Pork and Pepper Stew

1 lb	PORK BRAISING CUBES	0.5 kg
3 Tbsp	all purpose flour	45 mL
1/2 tsp	EACH salt and cumin	2 mL
pinch	pepper	pinch
2–3 Tbsp	canola oil, divided	30–45 mL
4	cloves garlic, peeled	4
1 1/2 cups	chicken broth	375 mL
1/2 cup	apple juice	125 mL
1 tsp	dried thyme	5 mL
1/4 tsp	dried rosemary, crumbled	1 mL
1	red pepper, in large chunks	1
4	small whole onions, peeled	4
2 cups	butternut squash cubes	500 mL
	salt and pepper to taste	

Combine flour, salt, cumin and pepper. Use to coat pork cubes, shaking off excess. Heat oil in a large saucepan. Add pork and brown in batches, about

5 minutes. Remove to a plate and reserve. Add garlic to saucepan; cook until slightly softened. Add broth, apple juice, thyme, rosemary, and pork cubes and any juices. Bring to a boil; reduce heat and simmer, covered, about 45 minutes. Add red pepper, onions and squash. Bring to a boil; reduce heat and simmer covered, about 35 minutes more or until vegetables are tender. Add salt and pepper to taste.
YIELD: 4 servings

Per serving: Calories 491.6; Fat 24.3g (Saturated 5.9g, Monounsaturated 11.9g, Polyunsaturated 4.6g); Cholesterol 79.1mg; Sodium 671.9mg; Potassium 1175.8mg; Carbohydrate 30g (Fibre 3.8g); Protein 38.6g



Food Safety Tips

Preparing double batches is a great way to save time. Prepared food can be placed directly in the refrigerator. First, divide larger amounts and place in smaller, shallow containers. Allow to cool slightly before refrigerating.

Italian Pork Cutlets

1 lb	PORK CUTLETS	0.5 kg
1/4 cup	dry bread crumbs	50 mL
1/4 cup	grated Parmesan cheese	50 mL
1/2 tsp	salt	2 mL
1 tsp	Italian seasoning	5 mL
	all purpose flour	
1	egg, beaten with 1 Tbsp/15 mL water	1
2 Tbsp	canola oil	25 mL
	Chopped parsley and lemon wedges	

Combine breadcrumbs, Parmesan cheese, salt and Italian seasoning. Dip cutlets in flour to coat; shake off excess. Dip in egg mixture, then coat with breadcrumb mixture. Heat oil in a large nonstick skillet over medium-high heat. Saute cutlets until golden brown on both sides. Sprinkle with chopped parsley. Serve with sauteed mushrooms.

YIELD: 4 servings

Per serving: Calories 366.4; Fat 18.1g (Saturated 5g, Monounsaturated 8.7g, Polyunsaturated 3g); Cholesterol 141mg; Sodium 555.8mg; Potassium 493.7mg; Carbohydrate 10.2g (Fibre 0.6g); Protein 38.4g

If you will not use ground meat within 1 day, freeze it. All other meat cuts can be refrigerated for 1–3 days. Freeze for longer storage.

Some newer types of fresh meat packaging allow for longer storage times in the refrigerator and contain a “best before” date. Once these vacuum packages are opened, the meat should be used promptly (ground meat within 1 day, other cuts within 2–3 days).



Cooking Tips for Busy People



- Get a head start on meals by freezing the meat and marinade in a resealable plastic bag. It can self-marinate while it thaws in the fridge.
- The slow cooker is your new best friend. Use it to make a hearty stew, enough for two family meals.
- Purchase additional lean ground pork. Brown and drain, then freeze in meal size portions. Add to soups and pasta sauces for extra protein with no extra work!
- Make that roast do double duty. Cut cold roast pork into strips. Stir-fry some veggies, add the pork strips along with your favourite sauce (Thai, curry, barbecue) and heat through. Serve over rice or noodles.
- Small pieces cook faster than large pieces! Choose tender boneless pork chops, strips or tenderloin medallions for a meal in a flash.
- Cut veggies for stir-fries, soups and snacks on the weekend and keep them in the fridge for use during the week.
- Slicing strips or cubes? Partially frozen meat is easier to cut.



For more recipes:
www.saskpork.com
(306) 244-7752