

Nutritious Recipes from Near and Far



PICK
PORK



HEART &
STROKE
FOUNDATION

Good News...

All trimmed, fresh pork cuts, with the exception of ribs, are extra lean with 7.5% fat or less!

Why Choose PORK?

- Pork is nutrient dense, rich in six essential B-vitamins, four important minerals, plus protein and energy.
- *Eating Well with Canada's Food Guide* recommends choosing lean meats, like pork, more often.

Keep it Extra Lean

Give It a Trim: Trim visible fat from meat.

Rack It Up: Grill, broil or roast on a rack so any fat can naturally drip away.

Add Flavour: Create marinades from citrus juices, vinegars, low-fat salad dressings or soy sauce.

Give It a Rub: Zesty herbs and spices add taste without calories and fat.

Pair Wisely: Pair pork with seasonal fruits and vegetables to tantalize the taste buds.

Portion Control: One serving of meat is about the size of a deck of cards.

A 100g average serving of raw, TRIMMED pork contains 2.7g of fat.

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

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



Caribbean Pork with Fruit Sauce

3 lb	PORK LOIN ROAST, well trimmed	1.5 kg	Combine 1/2 tsp/2 mL salt, sugar and dry spices. Rub over pork. Cover and refrigerate 2 hours. Heat oil in a large Dutch oven over medium-high heat. Add pork; brown on all sides. Remove pork from pan. Add onion; sauté 1 minute. Return pork to pan. Add apricots, orange juice concentrate, raisins and broth. Bring to a boil. Cover; roast at 425°F (210°C) for 30 minutes. Reduce oven temperature to 325°F (160°C) and roast until meat thermometer registers 160°F (70°C). Remove pork to a plate; tent loosely with foil. With a slotted spoon, remove apricots and raisins from pan; set aside. Bring broth mixture to a boil; simmer until slightly thickened. Add vinegar and 1/4 tsp/1 mL salt. Cook 3 minutes. Slice pork; serve with fruit sauce.
3/4 tsp	salt	4 mL	
2 Tbsp	brown sugar	25 mL	
2 tsp	cumin	10 mL	
1 tsp	EACH garlic powder, cinnamon	5 mL	
1/2 tsp	coarse black pepper	2 mL	
1/4 tsp	EACH ground ginger, cayenne, ground cloves	1 mL	
1 Tbsp	canola oil	15 mL	
1/2 cup	thawed orange juice concentrate	125 mL	
1/2 cup	EACH chopped onion, chopped dried apricots	125 mL	
1/3 cup	golden raisins	75 mL	
2 cups	chicken broth	500 mL	
1 Tbsp	balsamic vinegar	15 mL	

YIELD: 10-12 servings

Per serving: Calories: 242; Fat: 8.1 g (Sat: 2.4 g; Mono 3.8 g; Poly 1.2 g; Trans 0.0 g); Cholesterol: 69 mg; Sodium: 378 mg; Carbohydrate: 13 g (Fibre 0.6 g); Protein: 29 g

Curried Pork with Apples

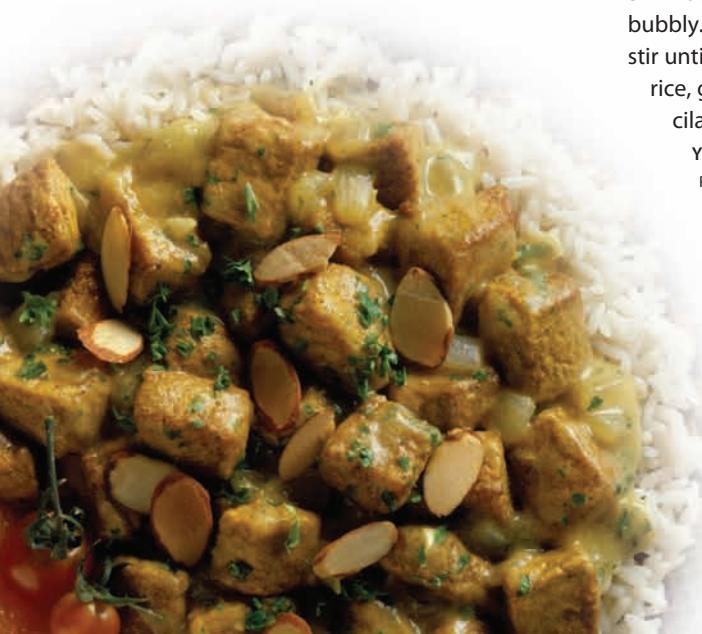
1 lb	LEAN PORK STRIPS	0.5 kg
1 Tbsp	canola oil	15 mL
2	stalks celery, chopped	2
1	medium onion, chopped	1
2	cloves garlic, minced	2
2	apples, unpeeled, coarsely chopped	2
1	sweet red pepper, in large chunks	1
19 oz	can chickpeas, drained and rinsed	540 mL

1 Tbsp	curry powder	15 mL
1 tsp	hot pepper flakes	5 mL
1/4 cup	all-purpose flour	50 mL
2 1/2 cups	fat-free chicken broth	625 mL

In a large saucepan, heat oil over medium-high heat. Add pork strips and cook 2-3 minutes, until lightly browned; remove. Add celery, onion and garlic to pan and sauté until soft. Add apples, pepper, chickpeas and spices; cook for 2 minutes. Sprinkle in flour; stir and cook for 3 minutes. Add broth; stir until thickened and bubbly. Return pork strips to mixture; cook and stir until heated through. If desired, serve over rice, garnished with yogurt, chopped cilantro and slivered almonds.

YIELD: 4 servings

Per serving: Calories: 432; Fat: 8.9 g (Sat: 1.6g; Mono 3.9gg; Poly 2.4 g; Trans 0.1 g); Cholesterol: 58 mg; Sodium: 967 mg; Carbohydrate: 51 g (Fibre 8.6 g); Protein: 37 g



Moroccan Spiced Chops on Couscous

4	PORK LOIN CHOPS, BONELESS, 3/4"/ 2 cm thick	4
3/4 tsp	EACH ground cumin, coriander	4 mL
1/8 tsp	EACH cinnamon, cayenne	0.5 mL
2 tsp	canola oil	10 mL
1 1/3 cups	couscous	375 mL
1/4 cup	EACH raisins, chopped dried apricots	50 mL
2 Tbsp	pine nuts	25 mL
2	green onions, finely sliced Chopped cilantro	2

Combine cumin, coriander, cinnamon and cayenne. Rub on both surfaces

of chops. Prepare couscous according to package directions, adding fruits, nuts and onions. Heat canola oil in a non-stick skillet over medium-high heat. Cook chops about 5 minutes per side, turning once. Arrange chops on top of couscous. Sprinkle with cilantro before serving.

YIELD: 4 servings

Per serving: Calories: 425; Fat: 8.4 g (Sat: 1.5 g; Mono 3.4 g; Poly 2.2 g; Trans 0.1 g); Cholesterol: 53 mg; Sodium: 64 mg; Carbohydrate: 54 g (Fibre 3.1 g); Protein: 32 g



Herbed Thai Pork

1 lb	PORK LOIN, well trimmed, in thin strips	0.5 kg
2 Tbsp	canola oil	25 mL
1	carrot, in julienne strips	1
1/2	sweet red pepper, in julienne strips	1/2
2	cloves garlic, minced	2
1/4-1/2 tsp	red pepper flakes	1-2 mL
1 cup	chopped fresh basil	250 mL
1 cup	chopped fresh coriander	250 mL
1 cup	chopped fresh mint	250 mL
2 Tbsp	lime juice	25 mL
1 Tbsp	fish sauce	15 mL
1 Tbsp	honey	15 mL
1	fresh lime	1

Heat oil in a large, non-stick skillet over medium-high heat. Add pork strips and stir-fry about 3 minutes. Add carrots and red pepper strips and cook, stirring about 1 minute. Add garlic and pepper flakes. Stir-fry about 30 seconds. Reduce heat to low. Add fresh herbs, lime juice, fish sauce and honey. Stir gently to combine and heat through. Serve on rice, garnished with lime wedges.

YIELD: 4 servings

Per serving: Calories: 260; Fat: 10.4g (Sat: 1.8 g; Mono 5.6 g; Poly 2.6 g; Trans 0.2 g); Cholesterol: 66 mg; Sodium: 436 mg; Carbohydrate: 11 g (Fibre 1.4 g); Protein: 31 g

Ten Minute Chili (with a twist!)

1 lb	LEAN GROUND PORK	0.5 kg
16 oz	jar salsa (mild, medium or hot)	425 mL
14 oz	can red kidney beans, drained and rinsed	398 mL
8 oz	can tomato sauce	213 mL
1/2 cup	drained crushed pineapple	125 mL
1 Tbsp	chili powder	15 mL

In a non-stick saucpan or skillet, brown pork. Drain any fat. Add remaining ingredients. Stir to combine. Bring to a boil; reduce heat and simmer, uncovered, for 10 minutes. If desired, serve topped with a dollop of non-fat sour cream.

YIELD: 4 servings

Per serving: Calories: 412; Fat: 19 g (Sat: 6.8 g; Mono 7.9 g; Poly 2.4 g; Trans 0.1 g); Cholesterol: 74 mg; Sodium: 1392 mg; Carbohydrate: 33 g (Fibre 9.8 g); Protein: 30 g

Baja Pork Wraps

2	PORK TENDERLOINS, well trimmed, about 12 oz/0.375 kg each	2
3	cloves garlic, minced	3
1 Tbsp	EACH ground cumin, ground coriander, chili powder Salt and pepper	15 mL
1	large clove garlic, minced	1
1/2 tsp	ground cumin	2 mL
1 cup	mayonnaise or salad dressing	250 mL
1/4 cup	lime juice	50 mL
1	sweet red pepper, in julienne strips	1
1/2	zucchini, in julienne strips	1/2
1/2	onion, in thin strips	1/2
1/2	carrot, in julienne strips	1/2
6	10"/25 cm flour tortillas	6

Roast at 375°F (190°C), for about 30-35 minutes, to an internal temperature of 155°F (68°C). Remove from oven; tent loosely and let rest for 5 minutes. Slice into 1/4" x 3" (1x8 cm) julienne strips. Meanwhile, combine second amounts of garlic and cumin with mayonnaise and lime juice. Cover and refrigerate until ready to serve. Combine red pepper, zucchini, onion and carrot. To assemble, spread tortilla with garlic-cumin dressing. Top with some vegetable mixture and some pork tenderloin strips. Fold each wrap tightly to close; cut into two segments.

YIELD: 6 servings

Per serving: Calories: 507; Fat: 17.7 g (Sat: 2.6 g; Mono 9.4 g; Poly 4.3 g; Trans 0 g); Cholesterol: 70 mg; Sodium: 730 mg; Carbohydrate: 51 g (Fibre 3.3 g); Protein: 35 g

Combine first amounts of garlic and cumin with coriander and chili powder.

Rub on all surfaces of pork tenderloin.



Prairie Spiced Pork

3 lbs	PORK SHOULDER CUBES, about 3/4"/2 cm, well trimmed	1.5 kg
3 Tbsp	all-purpose flour	45 mL
1 Tbsp	sugar	15 mL
3 Tbsp	canola oil, divided	45 mL
1	large onion, thinly sliced	1
3	parsnips	3
2	large sweet potatoes	2
1/2 cup	ketchup	125 mL
1/2 cup	water	125 mL
1/4 cup	malt vinegar	50 mL
3 Tbsp	Worcestershire sauce	45 mL

Combine flour and sugar in a plastic bag. Add pork cubes in batches. Toss to coat well. Heat 1 Tbsp/15 mL oil in a large skillet over medium-high heat. Add pork in batches and brown lightly, adding 1 more Tbsp/15 mL oil as required. Place browned pork cubes in a large, lightly greased baking dish. Heat remaining oil on medium-low. Add onion and cook, stirring often, until softened but not brown. Peel parsnips and sweet

potatoes; cut into 1"/2.5 cm chunks. Add onion, parsnips and sweet potatoes to pork and toss to combine. Combine remaining ingredients in a small bowl. Pour over pork and vegetables. Cover and bake at 350°F (180°C) for about 2 hours. Remove cover; stir and bake another 30 minutes until sauce thickens.

YIELD: 8 servings

Per serving: Calories: 379; Fat: 13.3 g (Sat: 3.4 g; Mono 6.5 g; Poly 2.7 g; Trans 0.1 g); Cholesterol: 120 mg; Sodium: 372 mg; Carbohydrate: 24 g (Fibre 2.8 g); Protein: 40 g



For more recipes:

www.saskpork.com

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