



**Nutritious
Recipes
for Healthy
Living**

**PICK
PORK**



Pork and Penne in Black Bean Sauce

1 lb	LEAN GROUND PORK	0.5 kg
1 1/2 cups	fat free chicken broth	375 mL
1/4 cup	black bean sauce	50 mL
1 Tbsp	rice vinegar	15 mL
2 tsp	sesame oil	10 mL
2 Tbsp	cornstarch	25 mL
1 tsp	grated ginger root	5 mL
3 Tbsp	brown sugar	45 mL
1	clove garlic, minced	1
2 tsp	canola oil	10 mL
2 cups	sliced fresh mushrooms	500 mL
1	red pepper, chopped	1
4 cups	penne, cooked	1 L
1/2 cup	chopped green onions	125 mL

Combine chicken broth, black bean sauce, rice vinegar, sesame oil, cornstarch, ginger root and brown sugar. Set aside. In a nonstick skillet, sauté ground pork and garlic until pork is no longer pink. Add canola oil. Add mushrooms and red pepper. Sauté 3 minutes or until vegetables are tender. Add reserved sauce to skillet; simmer about 3 minutes, until slightly thickened. Add pasta; toss to combine. Sprinkle with green onions to serve.

YIELD: 6 servings

Per serving: Calories 410; Fat 18g (Saturated 5g, Monounsaturated 2g; Polyunsaturated 2g); Cholesterol 50mg; Sodium 370mg; Potassium 290mg; Carbohydrate 41g; (Fibre 2g); Protein 22g

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



Dijon-Coated Pork Loin with Fruit

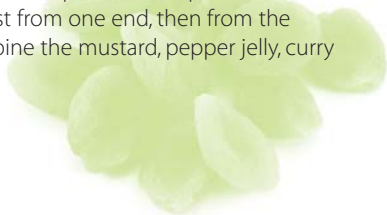
2–3 lb	BONELESS PORK SINGLE LOIN ROAST	1–1.5 kg
7	dried pitted prunes	7
7	dried apricots	7
1/4 cup	Dijon mustard	50 mL
1 tsp	hot pepper jelly	5 mL
1/4 tsp	curry powder	1 mL
1/4 tsp	freshly ground black pepper	1 mL

Carefully slide a long sharp knife lengthwise through the centre of the roast from one end to the other. Enlarge the hole slightly with the knife. Remove the knife. With your fingers, open the hole. Stuff the prunes and apricots into the opening, first from one end, then from the other. Combine the mustard, pepper jelly, curry

powder and pepper. Rub roast all over with the mixture. Roast uncovered at 350°F (180°C) to an internal temperature of 155°F (68°C), about 1 – 1 1/2 hours. Remove roast from oven. Tent loosely with foil and let rest 10 minutes before slicing.

YIELD: 8-10 servings

Per serving (8 servings): Calories 190; Fat 5g (Saturated 1.5g, Monounsaturated 2g; Polyunsaturated 0.5g); Cholesterol 85mg; Sodium 170mg; Potassium 560mg; Carbohydrate 7g; (Fibre 1g); Protein 29g



Pork Tenderloin with Mustard Crust

2	PORK TENDERLOINS, well-trimmed, about 12 oz/0.375 kg each Salt and pepper to taste	2
1/2 cup	Dijon mustard	125 mL
2 cups	lightly toasted fresh bread crumbs	500 mL
3	cloves garlic, minced	3
2 Tbsp	chopped fresh rosemary	25 mL

Generously sprinkle tenderloins with salt and pepper. Coat all over with mustard. Combine bread crumbs, garlic and rosemary on a large sheet of waxed paper. Coat tenderloins with crumb mixture. Lightly spray a large baking



sheet with cooking spray. Arrange tenderloins on baking sheet and spray lightly. Roast at 400°F (200°C) to an internal temperature of 155°F (68°C), about 25 minutes. Remove from oven and tent loosely with foil. Let rest 5 minutes before slicing into medallions.

YIELD: 6 servings

Per serving: Calories 310; Fat 6g (Saturated 1.5g, Monounsaturated 2.5g; Polyunsaturated 1g); Cholesterol 70mg; Sodium 630mg; Potassium 540mg; Carbohydrate 30g; (Fibre 2g); Protein 33g



Jamaican Jerk Pork Stew

1 1/2 lbs	PORK BRAISING CUBES, well trimmed	0.750 kg
1/4 cup	all purpose flour	50 mL
1 tsp	dried thyme leaves	5 mL
1/2 tsp	allspice	2 mL
1/4 tsp	cayenne*	1 mL
3 Tbsp	canola oil, divided	45 mL
4	green onions	4
5	cloves garlic, minced	5
1 Tbsp	minced ginger root	15 mL
2 cups	fat free chicken broth	500 mL
1 cup	water	250 mL
2 Tbsp	low sodium soy sauce	25 mL
1 Tbsp	brown sugar	15 mL

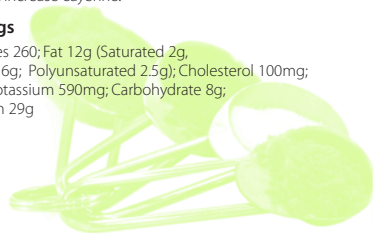
Combine flour, thyme, allspice and cayenne. Use to coat pork cubes. Reserve remaining flour mixture. Heat 1 Tbsp/15 mL oil in a nonstick skillet over medium heat. Add pork cubes in batches; brown on all sides, adding another

1 Tbsp/15 mL oil as required. Remove to a saucepan. Meanwhile, chop onions, separating white and green parts. Heat remaining 1 Tbsp/15 mL oil in skillet. Add white onions to skillet with garlic and ginger. Sauté 2 minutes. Add reserved flour mixture; blend well. Add chicken broth and water. Bring to a boil, scraping up any browned bits. Add soy sauce and brown sugar. Pour over meat in saucepan; stir to combine. Cover and simmer 45 – 60 minutes, until pork is tender. Add green onions. Simmer 5 minutes more.

*For a spicier stew, increase cayenne.

YIELD: 6 servings

Per serving: Calories 260; Fat 12g (Saturated 2g, Monounsaturated 6g; Polyunsaturated 2.5g); Cholesterol 100mg; Sodium 480mg; Potassium 590mg; Carbohydrate 8g; (Fibre 0.5g); Protein 29g



Sesame Pork with Broccoli

1 lb	LEAN PORK STRIPS or CUBES	0.5 kg
2 cups	fat free chicken broth	500 mL
2 Tbsp	cornstarch	25 mL
1 Tbsp	low sodium soy sauce	15 mL
4	green onions, chopped	4
1 tsp	canola oil	5 mL
1	clove garlic, minced	1
6 cups	fresh broccoli florets	1.5 L
1/4 cup	red pepper strips	50 mL
2 Tbsp	sesame seeds, lightly toasted	25 mL

Combine chicken broth, cornstarch and soy sauce. Stir in green onions. Heat oil in a nonstick skillet over medium-high heat. Stir-fry pork and garlic 3 to 4 minutes. Remove from skillet; keep warm. Add broccoli and broth to skillet. Reduce heat to low; cover and simmer 8 minutes. Add

pork and red pepper strips to skillet. Cook just until heated through, stirring frequently. Sprinkle with sesame seeds and serve.

YIELD: 6 servings

Per serving: Calories 200; Fat 6g (Saturated 1.5g, Monounsaturated 2.5g, Polyunsaturated 1.5g); Cholesterol 60mg; Sodium 510mg; Potassium 905mg; Carbohydrate 12g; (Fibre 4g); Protein 26g



Korean Lettuce Wraps with Chili Sauce (Pictured on front cover)

2	PORK TENDERLOINS, well trimmed, about 12 oz/0.375 kg each	2
1/4 cup	low sodium soy sauce	50 mL
1 Tbsp	sugar	15 mL
2 tsp	sesame oil	10 mL
1/2 cup	chopped green onions	125 mL
1 Tbsp	minced garlic	15 mL
1 Tbsp	minced ginger root	15 mL
1 Tbsp	sambal oelek*	15 mL
4 tsp	honey	20 mL
2 tsp	canola oil	10 mL
2 Tbsp	toasted sesame seeds	25 mL
1 1/2 cups	cooked rice vermicelli or cooked rice	375 mL
	Butter lettuce leaves	
	Carrot and cucumber strips (optional)	

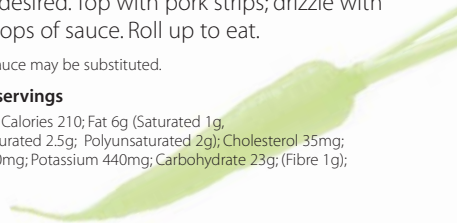
Cut pork tenderloin into strips, 1/4" x 1/4" x 2 1/2" (.75cm x .75cm x 6.25cm). Combine soy sauce,

sugar, sesame oil, green onions, garlic and ginger. Whisk until sugar dissolves. Add pork strips. Cover and marinate in the refrigerator for 1 hour. Meanwhile, combine sambal oelek and honey to make sauce; set aside. With a slotted spoon, remove pork strips from marinade; discard marinade. Heat canola oil in a large nonstick skillet over high heat. Add pork and cook, stirring constantly, about 4 to 5 minutes until cooked through. Remove from heat; add sesame seeds. To serve, spoon a heaping tablespoon of noodles or rice into a lettuce leaf. Add carrot and cucumber strips, if desired. Top with pork strips; drizzle with a few drops of sauce. Roll up to eat.

*Hot chili sauce may be substituted.

YIELD: 6 servings

Per serving: Calories 210; Fat 6g (Saturated 1g, Monounsaturated 2.5g; Polyunsaturated 2g); Cholesterol 35mg; Sodium 320mg; Potassium 440mg; Carbohydrate 23g; (Fibre 1g); Protein 16g



Nutrition Tips

- How much is enough? A serving of lean, trimmed pork is about the size of a deck of cards or the palm of your hand.
- Cut the fat. A spritz of vegetable cooking spray in a nonstick pan means you can minimize added fats or oils when sautéing meats.
- To add fibre to your menus:
 - include broccoli and carrots in a stir-fry
 - add onions and potatoes to a stew
 - serve cabbage or broccoli coleslaw
 - make soups with dried peas, beans or lentils
 - choose whole grain pastas and breads.
- “B” wise! Pork supplies important B vitamins – B1, B2, B3, B6 and B12 – in addition to high quality protein.
- All trimmed fresh pork cuts such as pork chops, roasts, schnitzels, kabobs, cutlets, cubes and strips (excluding ribs) are lean, with 10% fat or less.



For more recipes:

www.saskpork.com

1-888-TRY-PORK

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