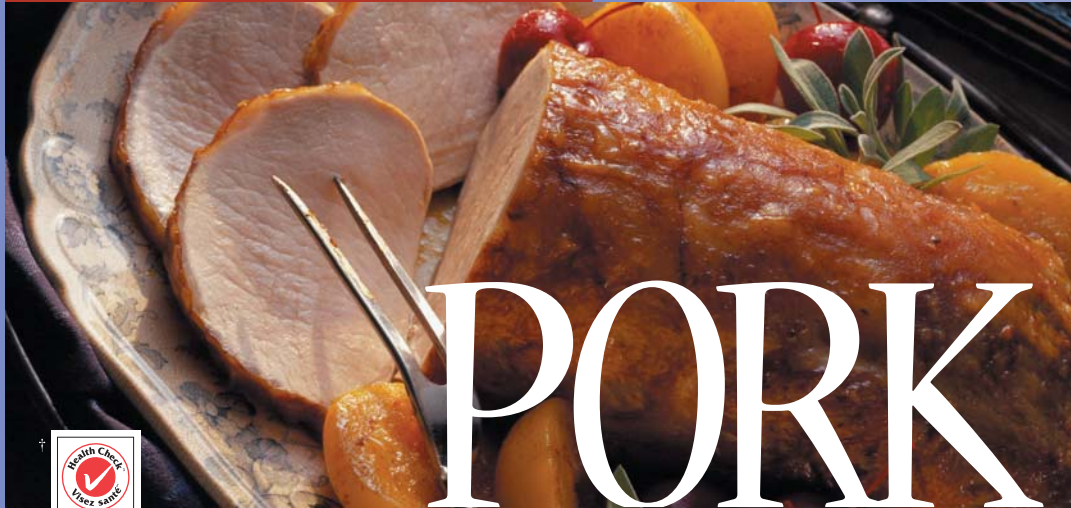


## Nutritious & Hearty Recipes



HEART AND STROKE  
FOUNDATION  
FONDATION DES  
MALADIES DU CŒUR

## Nutrition Tips

- Pork is a leading dietary source of Thiamin, or vitamin B1. Thiamin builds and repairs nerves and muscles, maintains an appetite and helps to release energy from carbohydrates. It's not stored in the body so daily intake is important.
- Preparing stews and stir-fries is a great way to increase your vegetable intake. Preserve the vitamins in vegetables by cooking them only to tender-crisp; the shorter the cooking time, the more nutrients are retained.
- Health Canada recommends eating a minimum of 2 servings from the Meats and Alternatives group each day. A single serving is about 50-100g/3oz, or 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.

## Food Safety Tips



- Don't stockpile items in your deep freeze forever. Roasts, steaks and chops can be kept for 8-10 months, lean ground pork for up to 3 months. After that time, the food will be safe to eat but the quality deteriorates noticeably.
- Avoid cross-contamination! Use separate cutting boards and utensils for cutting vegetables or herbs and meat. Sanitize cutting boards (1 tsp/5 mL unscented chlorine bleach per 3 cups/750 mL water); then rinse thoroughly.
- Sending leftover stew or soup along in your child's lunch? Keep hot foods steaming by warming a thermos with boiling water before filling it with hot food. Use an insulated thermos designed for hot food and make sure the lid fits tightly.

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

† 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)



# Simmered Steaks & Sweet Potatoes

4	PORK SHOULDER BLADE STEAKS, well trimmed, about 1/2" (1.25 cm) thick	4
1 tsp	canola oil	5 mL
	Salt and pepper	
2	small sweet potatoes, peeled and sliced	2
1	medium onion, sliced	1
3/4 cup	unsweetened pineapple juice	175 mL
1	small green pepper, cut into rings	1
2 tsp	cornstarch	10 mL
1/4 tsp	cinnamon	1 mL

With a pastry brush, spread canola oil over the bottom of a non-stick fry pan. Over medium-high heat, brown pork steaks lightly, about 3 minutes per side. Drain off any excess fat. Season pork with salt

and pepper. Add sweet potatoes, onion and 1/4 cup pineapple juice. Cover; cook over medium heat for 10 minutes. Top with green pepper rings. Cook 10 minutes more or until tender. Remove pork steaks and vegetables; keep warm. Combine cornstarch and cinnamon with remaining pineapple juice. Add to pan along with any meat juices; cook and stir 2–3 minutes or until thickened. Spoon over pork and vegetables to serve. YIELD: 4 servings

Per serving: Calories 300; Fat 9g (Saturated 2.5g, Monounsaturated 4.0g, Polyunsaturated 1.5); Cholesterol 90mg; Sodium 90mg; Carbohydrate 30g (Fibre 3g); Protein 25g



# Salsa Chops

1 lb	PORK LOIN CENTRE CHOPS BONELESS	0.5 kg
2 tsp	canola oil	10 mL
1	large onion, chopped	1
3/4 cup	salsa	175 mL
1/2 cup	apple juice	125 mL
1	green pepper, coarsely chopped	1
	Chopped cilantro, optional	

In a large non-stick frypan, heat oil over medium-high heat. Add chops and brown lightly on both sides. Remove from pan and keep warm. Add onion to pan and sauté lightly, stirring to loosen browned bits from bottom of pan. Return chops to pan. Spoon salsa over chops and add apple juice. Bring to a boil; reduce heat to low. Cover and cook about 4 minutes. Turn and baste with sauce. Add green pepper.

Cover and cook another 3–4 minutes. Remove chops and keep warm. If sauce requires thickening, boil and stir about 2 more minutes. Spoon sauce over chops to serve. If desired, sprinkle with chopped cilantro. YIELD: 4 servings

Per serving: Calories 240; Fat 7g (Saturated 2.0g, Monounsaturated 3.5g, Polyunsaturated 1.5); Cholesterol 85mg; Sodium 290mg; Carbohydrate 14g (Fibre 2g); Protein 30g



# Quick & Easy Pork with Mushrooms

1 lb	LEAN PORK STRIPS	0.5 kg
1 Tbsp	canola oil	15 mL
1	small onion, chopped	1
2 cups	sliced mushrooms	500 mL
2	garlic cloves, minced	2
1/4 tsp	salt	1 mL
Pinch	pepper	Pinch
1/2 cup	light sour cream	125 mL
1/4 cup	chicken broth	50 mL
	Chopped fresh parsley	

Heat oil over medium-high heat in a non-stick frypan. In batches, brown pork strips lightly, about 3 minutes per batch. Remove to a plate. Add onion, mushrooms, garlic and seasonings. Over medium heat, cook and

stir for 10 minutes, until liquid evaporates. Return pork strips to pan. Stir in sour cream and chicken broth. Cook 1 minute (do not boil) until hot. Sprinkle with parsley and serve. YIELD: 4 servings

Per serving: Calories 230; Fat 9g (Saturated 2.5g, Monounsaturated 4.0g, Polyunsaturated 1.5); Cholesterol 100mg; Sodium 260mg; Carbohydrate 8g (Fibre 1g); Protein 28g



# Pork & Lentil Stew

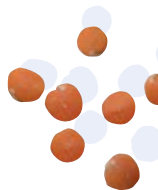
1 lb	LEAN PORK CUBES (1/2"/2.5cm)	0.5 kg
2 Tbsp	all purpose flour	25 mL
1 Tbsp	canola oil	15 mL
4	carrots, sliced	4
2	medium onions, chopped	2
2	garlic cloves, minced	2
1	stalk celery, chopped	1
3/4 cup	red lentils	175 mL
19 oz	can tomatoes	540 mL
4 cups	beef stock	1 L
1 tsp	basil	5 mL

In a plastic bag, coat pork cubes with flour. In a large saucepan or Dutch oven, heat oil over medium-high heat. Add pork; stir-fry for 3 minutes until pork is browned. Add carrots, onions, garlic and celery;

stir-fry 3 minutes. Add remaining ingredients. Bring to a boil, reduce heat and simmer 1 – 1 1/2 hours until meat is tender. YIELD: 8 servings

Per serving: Calories 210; Fat 5g (Saturated 1.0g, Monounsaturated 2.5g, Polyunsaturated 1.0); Cholesterol 40mg; Sodium 730mg; Carbohydrate 23g (Fibre 4g); Protein 20g

*If desired, choose lower sodium versions of beef broth and canned tomatoes to help reduce the salt in your diet.*



# Asian Pork Tenderloin

3	PORK TENDERLOINS, well trimmed, about 12 oz (0.375 kg) each	3
12 oz	bottle beer	341 mL
1/3 cup	black bean and garlic sauce	75 mL
1/3 cup	hoisin sauce	75 mL
1/4 cup	soy sauce	50 mL



Place pork in a zip lock bag. Combine remaining ingredients and pour over pork, turning to coat. Seal bag and marinate in refrigerator 24 hours. Roast at 375°F (190°C) until meat thermometer registers 155°F (68°C), about 30 minutes. Cover loosely and let stand 10 minutes before slicing. YIELD: 8 servings

Per serving: Calories 230; Fat 4g (Saturated 1.5g, Monounsaturated 2.0g, Polyunsaturated 1.0); Cholesterol 85mg; Sodium 910mg; Carbohydrate 8g (Fibre 0g); Protein 35g

*If desired, choose lower sodium versions of black bean, hoisin and soy sauce to help reduce the salt in your diet.*



(pictured on front cover)

# Apricot Glazed Loin of Pork

3 lb	PORK LOIN CENTRE ROAST BONELESS	1.5 kg
2 tsp	EACH soy sauce, lime juice	10 mL
2 tsp	minced fresh ginger root	10 mL
2	garlic cloves, minced	2
1/2 tsp	pepper	2 mL
1/4 cup	apricot jam	50 mL

Place pork roast in a zip lock bag. Combine soy sauce, lime juice, ginger root, garlic and pepper. Pour over roast; turn to coat. Seal bag and refrigerate for 8 hours. Remove roast from marinade and place in a roasting pan. Roast at 325°F (160°C) until meat thermometer registers 155°F (68°C), about 1 1/4 – 1 1/2 hours. During last 30 minutes, brush

generously with apricot jam. Remove from oven, cover loosely and let stand 10 minutes before slicing.  
YIELD: 8 servings

Per serving: Calories 260; Fat 7g (Saturated 2.5g, Monounsaturated 3.0g, Polyunsaturated 1.0); Cholesterol 130mg; Sodium 200mg; Carbohydrate 6g (Fibre 0g); Protein 42g



For more recipes:

[www.pickpork.com](http://www.pickpork.com)

1-800-299-PORK(7675)