

grilling PORK

Nutritious
& Delicious
Recipes & Tips



Caribbean Roast Pork

3 lb	BONELESS PORK SHOULDER BUTT ROAST	1.5 kg
1 cup	pineapple juice	250 mL
1/4 cup	EACH molasses, lime juice	50 mL
3 Tbsp	brown sugar	45 mL
2 Tbsp	soy sauce	25 mL
1/2 tsp	seasoned salt	2 mL
1 tsp	mustard	5 mL

Place roast in a resealable plastic bag. Combine remaining ingredients. Pour marinade over meat. Seal bag. Marinate in refrigerator 12–24 hours, turning occasionally. Remove roast from marinade; discard

marinade. Place roast in a disposable foil pan. Preheat barbecue on high; reduce heat to medium-low. Turn off one side of barbecue. Cook roast over indirect heat for 1 1/2–2 hours or to an internal temperature of 160°F (70°C). Remove from grill; cover loosely and let stand 10 minutes before slicing. YIELD: 10–12 servings

Per serving (based on 12 servings): 300 Calories; 34g Protein; 12g Fat; 11g Carbohydrate; 250mg Sodium; 590mg Potassium

DIABETIC DIET INFORMATION per serving (based on 12 servings): 0.5 FRUIT & VEGETABLE, 4.5 PROTEIN and 0.5 SUGARS choices

FightBac: *Marinades may contain uncooked meat juices. Never reuse a marinade.*



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



Hot & Spicy Tenderloin

3	PORK TENDERLOINS, well trimmed, about 12 oz (0.375 kg) each	3
3 Tbsp	paprika	45 mL
2	cloves garlic, minced	2
1/4 tsp	dried thyme leaves	1 mL
1 tsp	EACH cayenne, black pepper	5 mL
1 tsp	salt	5 mL
1 Tbsp	canola oil	15 mL
1 Tbsp	water	15 mL
	plum or sweet and sour sauce (optional)	

Combine paprika, garlic, thyme, cayenne, pepper and salt. Blend in oil and water. Spread over pork tenderloins to coat completely. Preheat barbecue on high; reduce heat to medium. Lightly oil the grill. Place tenderloins on grill. Cook for 20 minutes, turning every 5 minutes. Remove from grill. Cover

loosely and let stand 5–10 minutes before slicing. If desired, serve with plum or sweet and sour sauce. YIELD: 8 servings

Per serving: 210 Calories; 32g Protein; 7g Fat; 2g Carbohydrate; 380mg Sodium; 580mg Potassium

DIABETIC DIET INFORMATION per serving: 4.5 PROTEIN choices

FightBac: Use a wire brush to clean the grill immediately after use. Food particles will brush off easily while the grill is still warm.



Garlic Roast Pork

2–3 lb	BONELESS PORK LOIN ROAST	1–1.5 kg
3	cloves garlic, slivered	3
2	limes	2
1/2 cup	fat free Italian salad dressing	125 mL
1/2 tsp	ground cumin	2 mL
1/2 cup	orange juice	125 mL

Pierce roast all over with the tip of a knife. Insert slivers of garlic into the slits. Grate the rind from the limes. Squeeze juice from the limes and combine with the rind, salad dressing, cumin and orange juice. Place the roast in a resealable plastic bag. Pour juice mixture over roast. Seal bag. Marinate in refrigerator 12–24 hours. Remove meat from marinade; discard marinade. Place roast in a disposable foil pan. Preheat barbecue on high. Reduce heat to medium-low. Turn off one side of barbecue. Roast pork over

indirect heat to an internal temperature of 160°F (70°C), about 1 1/2 hours. Remove from grill; cover loosely with foil and let stand 10 minutes before slicing. YIELD: 10–12 servings

Per serving (based on 12 servings): 220 Calories; 33g Protein; 8g Fat; 4g Carbohydrate; 260mg Sodium; 550mg Potassium

DIABETIC DIET INFORMATION per serving (based on 12 servings):
0.5 FRUIT & VEGETABLE and 4.5 PROTEIN choices

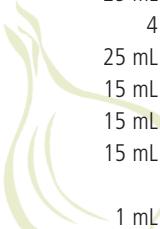
FightBac: *Always marinate in the refrigerator. The refrigerator is also the best place for defrosting meat.*



Grilled Pork Tenderloin

with Asian Glaze

2	PORK TENDERLOINS, well trimmed, about 12 oz (0.375 kg) each	2
2 Tbsp	liquid honey	25 mL
4	cloves garlic, minced	4
2 Tbsp	soy sauce	25 mL
1 Tbsp	grated ginger root	15 mL
1 Tbsp	canola oil	15 mL
1 Tbsp	rice vinegar	15 mL
	salt and pepper	
1/4 tsp	hot pepper sauce	1 mL



Combine honey, garlic, soy sauce, ginger root, canola oil, rice vinegar, salt and pepper and hot pepper sauce. Preheat barbecue on high; reduce heat to medium. Lightly oil the grill. Brush pork with some of the honey mixture. Place on the grill. Cook for about 10 minutes. Turn and brush with remaining honey

mixture. Cook another 8–10 minutes or until meat thermometer registers 160°F (70°C). Remove from grill; cover loosely and let stand 5 minutes before slicing. Slice into thin rounds. YIELD: 6 servings

Per serving: 125 Calories; 13g Protein; 4.5g Fat; 8g Carbohydrate; 510mg Sodium; 230mg Potassium

DIABETIC DIET INFORMATION per serving: 2 PROTEIN and 1 SUGARS choices

FightBac: *Be sure to wash the stem of the meat thermometer in hot, soapy water after each use to prevent cross-contamination.*

- *Grilling is a low fat method of cooking and foods are still very flavourful.*
- *The summer season is a great time to increase your fruit and vegetable intake by trying new choices in your salads.*
- *Leftover cooked pork is a nutritious addition to salads and sandwiches on hot summer days.*

Herb & Lemon Burgers

1 lb	LEAN GROUND PORK	0.5 kg
1	egg	1
1/4 cup	fine dry bread crumbs	50 mL
1	small onion, chopped	1
1/2 tsp	EACH dried thyme, oregano	2 mL
1/4 tsp	ground cumin	1 mL
1 tsp	grated lemon rind	5 mL
1/2 tsp	salt	2 mL
4–6	kaiser or hamburger buns	4–6

Place ground pork in a bowl. Combine egg, bread crumbs, onion, and seasonings. Add to pork and mix gently to blend. Shape into 4–6 patties. Preheat barbecue on high. Reduce heat to medium. Grill burgers 5–10 minutes per side or until no pink remains. Always cook ground pork to well done. Serve on hamburger buns with your favourite condiments. YIELD: 4–6 servings

Per serving (based on 6 servings with buns): 330 Calories; 17g Protein; 18g Fat; 23g Carbohydrate; 480mg Sodium; 320mg Potassium

DIABETIC DIET INFORMATION per serving (based on 6 servings with buns): 1 STARCH, 0.5 FRUIT & VEGETABLE, 2 PROTEIN and 2.5 FATS & OILS choices

FightBac: *Always cook ground meats to well done. Using a meat thermometer? Your burger's done at 71! (Celcius, that is!)*



Pork Pecan Salad

with Honey Dressing

12 oz	COOKED GRILLED ROAST PORK OR CHOPS, well trimmed	0.375kg
1 tsp	canola oil	5 mL
2	cloves garlic, minced	2
3 Tbsp	balsamic vinegar	45 mL
1/4 cup	liquid honey	50 mL
	salt and pepper	
4 cups	torn lettuce or salad greens	1 L
1 cup	sliced fresh strawberries	250 mL
1/2 cup	sliced celery	125 mL
1/4 cup	pecan halves	50 mL

Cut cooked roast or chops into thin strips. Heat canola oil in a small skillet over medium heat. Add garlic and sauté, stirring constantly, about one minute. Add balsamic vinegar and honey. Cook one minute more. Allow to cool. Season with salt and pepper to taste. Toss together lettuce, strawberries

and celery. Arrange on individual plates. Divide meat evenly over salads. Drizzle with dressing. Garnish with pecans. YIELD: 4 servings

Per serving: 345 Calories; 26g Protein; 15g Fat; 28g Carbohydrate; 350mg Sodium; 620mg Potassium

DIABETIC DIET INFORMATION per serving: 0.5 FRUIT & VEGETABLE, 3.5 PROTEIN, 1 FATS & OILS and 2 SUGARS choices

FightBac: *Leftover cooked roast or chops?*

Wrap tightly and refrigerate. The meat will keep 4–5 days in the refrigerator, ready to use in salads or sandwiches.



Mexican Pork Chops

4	PORK LOIN CHOPS, about 3/4" (2cm) thick	4
2 Tbsp	ketchup	25 mL
1 tsp	unsweetened cocoa	5 mL
1/2 tsp	garlic powder	2 mL
dash	salt	dash
1/4 tsp	cinnamon	1 mL
1/8 tsp	cayenne	0.5 mL
1 Tbsp	minced onion	15 mL
1 Tbsp	water	15 mL

Combine ketchup, cocoa, garlic powder, salt, cinnamon, cayenne and onion. Blend in water. Preheat barbecue on high. Reduce heat to medium. Brush one side of chops with ketchup mixture. Grill chops about 5–6 minutes. Turn chops and brush second side. Grill another 5–6 minutes until chops

are browned and internal temperature is 160°F (70°C). YIELD: 4 servings

Per serving: 170 Calories; 28g Protein; 4.5g Fat; 3g Carbohydrate; 320mg Sodium; 510mg Potassium

DIABETIC DIET INFORMATION per serving: 4 PROTEIN and 0.5 SUGARS choices

FightBac: *Always preheat your barbecue on high to kill any lingering bacteria. Reduce heat to the desired temperature before grilling.*



For more recipes:

www.manitobapork.com

1-800-299-PORK(7675)