

Heart-Healthy Recipes

with Ontario Pork



Pork Salad-Bar Feast

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Canadians of all ages get more than one-fifth of their calories from “other foods,” which are food and beverages that are not part of the four food groups (Statistics Canada, 2006). Reduce this number by including more whole foods in your diet as recommended by Canada’s Food Guide.

Pork Souvlaki-Style Pita



There are an estimated 70,000 heart attacks each year in Canada. That’s one heart attack every seven minutes (Canadian Institute for Health Information, 2010).

Easy Cabbage Roll Casserole



Nine in ten Canadians (90%) have at least one risk factor for heart disease or stroke (Public Health Agency Canada, 2009). The good news is by making lifestyle changes to limit your risk factors, you can help reduce your chances for developing heart disease and stroke.

Kale and Blueberry Rack of Pork

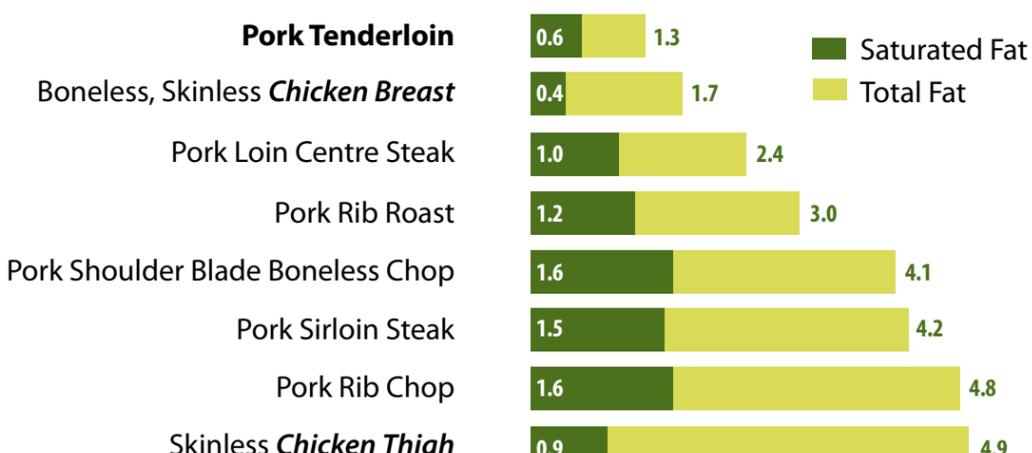


Take meals and snacks sitting down. Families make healthier choices when they sit down at a specific time and share their meals together. This gives you a built-in break from your busy day and will help prevent continuous snacking.

Eating more whole foods, or foods that are as close to their natural state as possible, will help to contribute to lower sodium, sugar and fat in your diet, and will increase your intake of nutrient-rich foods. By eating a healthy, balanced diet, you can help reduce your chances of developing heart disease and stroke along with other chronic illnesses. Eating lean meats, like lean pork, is part of a balanced diet. Pair protein with a variety of different vegetables to get an assortment of vitamins and minerals critical to your health.

Check out the leanest cuts of pork below.

Pork Is As Lean As Chicken



*Pork cuts trimmed of visible fat: based on values for 100 g raw serving

Classic Italian Dressing

1 tsp (5 mL) EACH oregano, basil, garlic powder, onion powder
1 tsp (5 mL) mustard
2 Tbsp (30 mL) Olive oil
1/2 Tbsp (8 mL) lemon juice
1 Tbsp (15 mL) balsamic vinegar

Salad

Combine 1/4 pork + 1 1/2 cups mixed greens + 1 Tbsp of Classic Italian Dressing + 1/8 cup EACH carrot, onion, tomato, cucumber.

Per serving: 293 calories

37 g protein; 10 g fat (2 g saturated fat; 0 g trans fat; 92 mg cholesterol); 18 g carbohydrate (4 g fibre; 6 g sugars; 2 g added sugars); 362 mg sodium; 817 mg potassium

Tangy Citrus Orange Dressing

1 tsp (5 mL) honey
1/2 Tbsp (8 mL) lime juice
2 Tbsp (30 mL) orange juice
2 Tbsp (30 mL) canola oil
1/8 tsp (1 mL) lemon rind

Salad

Combine 1/4 pork + 1 1/2 cups mixed greens + 1 Tbsp Tangy Citrus Orange Dressing + 1/8 cup onions + 1 Tbsp walnuts + 2 strawberries, sliced.

Per serving: 337 calories

39 g protein; 15 g fat (2 g saturated fat; 0 g trans fat; 92 mg cholesterol); 18 g carbohydrate (5 g fibre; 6 g sugars; 3 g added sugars); 341 mg sodium; 764 mg potassium

Sesame Delight Dressing

1 Tbsp (15 mL) sesame seeds
2 Tbsp (30 mL) canola oil
1 tsp (5 mL) sesame oil
1 tsp (5 mL) honey
1 Tbsp (15 mL) rice vinegar

Salad

Combine 1/4 pork + 1 1/2 cups mixed greens + 1 Tbsp Sesame Delight Dressing + 1/8 cup EACH onion, pepper, carrot + 2 Tbsp of instant Asian noodles.

Per serving: 306 calories

37 g protein; 11 g fat (2 g saturated fat; 0 g trans fat; 92 mg cholesterol); 17 g carbohydrate (4 g fibre; 6 g sugars; 3 g added sugars); 351 mg sodium; 756 mg potassium

Pork Salad-Bar Feast

1 lb (450 g) Ontario pork leg scallopini
2 Tbsp (30 mL) sodium-reduced soy sauce
1 tsp (5 mL) honey
1 Tbsp (15 mL) oregano
1 clove garlic, minced
1/2 onion, minced

1/2 cup EACH assortment of julienned vegetables (carrots, cucumber, peppers, tomato, red onion)
1/4 cup (60 mL) walnuts
1/4 cup (60 mL) instant Asian noodles
1/4 cup (60 mL) strawberries
6 cups (1500 mL) mixed greens

1. Marinate the pork in soy sauce, honey, oregano, garlic and onion for 2-24 hours in the refrigerator.
2. Julienne an assortment of vegetables including but not limited to carrots, cucumber, peppers, tomato and red onion. Arrange the vegetables in an attractive manner, in separate bowls, or on a serving tray, so that your guests can pick which toppings they would like to use.
3. Have extra bowls on the side with walnuts, strawberries, instant Asian noodles and other vegetables.
4. Prepare each of the separate dressings by placing the ingredients in a small plastic container and shaking it for 30 seconds until the oil and vinegar are no longer separated.
5. Grill or pan fry the pork over medium-high heat, around 3 minutes on each side or until an internal temperature of 160°F (71°C) has been reached.
6. Allow your guests to assemble their own salad. Encourage them to make it as colourful as possible using a variety of vegetables.

Preparation Time:

20 minutes (plus time to marinate)

Cook Time:

6 minutes

Makes 4 servings (270 g).

Pork Souvlaki-Style Pita

1 lb (450 g) Ontario pork loin, cubed 1" x 1"
1 Tbsp (15 mL) olive oil
Juice of 2 lemons
5 cloves garlic, minced
3 Tbsp (45 mL) dried oregano
1/2 cup (125 mL) 0% Greek yogurt
1/4 cup (60 mL) cucumber, grated

1 clove garlic, minced
1/2 tsp (2 mL) fresh dill, minced
1/8 tsp (1 mL) black pepper
2 whole wheat pitas
1/2 cup (125 mL) cucumber, sliced
1/2 cup (125 mL) onion, sliced
1/2 cup (125 mL) tomato, sliced

1. In a resealable bag, combine cubed pork loin, olive oil, lemon juice, garlic and oregano. Massage the pork till the ingredients are well combined and the pork is well coated. Marinate in the refrigerator for 2-24 hours.
2. **Tzatziki Sauce:** In a bowl, mix together yogurt, cucumber, garlic, dill and pepper. Stir to combine, cover and leave in the fridge until ready to serve.
3. Soak wooden skewers in water for at least half an hour. Thread the marinated pork cubes onto the wooden skewers. Preheat grill to medium-high heat. Grill the pork skewers for around 10 minutes, 5 minutes on each side, or until an internal temperature of 160°F (71°C) has been reached.
4. Serve pork souvlaki on half a toasted whole wheat pita with sliced cucumber, onions, tomatoes and tzatziki sauce.

Per serving: 323 calories; 31 g protein; 8 g fat (2 g saturated fat; 0 g trans fat; 64 mg cholesterol); 35 g carbohydrate (5 g fibre; 9 g sugars; 0 g added sugars); 463 mg sodium; 1092 mg potassium

Tip: Buy your tzatziki sauce at the store to make this easier, but remember to take a look at the nutrition facts table for lower sodium and lower saturated fat options.

Preparation Time:

15 minutes (plus time to marinate)

Cook Time:

10 minutes

Makes 4 servings.

Easy Cabbage Roll Casserole

1 lb (450 g) Ontario lean ground pork
5 cups (1250 mL) cabbage, chopped
1 onion, diced
1 cup (250 mL) low sodium beef broth

1 cup (250 mL) of pasta sauce
1- 28 fl oz (796 mL) can diced tomatoes
1/2 cup (125 mL) brown rice, dry

1. Preheat oven to 400°F (250°C).
2. In a frying pan, brown the Ontario lean ground pork. Once browned, transfer to a 9"x13" baking dish.
3. Add the cabbage, onion, beef broth, pasta sauce, diced tomatoes and brown rice to the 9"x13" baking dish. Cover with tin foil to seal.
4. Bake in the oven for 1 hour, take the dish out and stir it, then bake for another 30 minutes.

Per serving: 249 calories; 20 g protein; 6 g fat (2 g saturated fat; 0 g trans fat; 47 g cholesterol); 28 g carbohydrate (5 g fibre; 8 g sugars; 0 g added sugars); 216 mg sodium; 907 mg potassium

Preparation Time:

15 minutes

Cook Time:

1 1/2 hours

Makes 6 servings.

Kale and Blueberry Rack of Pork

1/4 cup (60 mL) wild rice
3/4 cup (180) sodium-reduced vegetable broth
1- 6 (1.5 lb) (680 g) rib roast of Ontario pork
1 Tbsp (15 mL) oil
1 cup (250 mL) kale, chopped
1 clove garlic, minced
1/2 onion, minced
1/2 cup (125 mL) frozen blueberries

1/2 tsp (2 mL) balsamic vinegar
2 Tbsp (30 mL) grainy mustard

Blueberry Balsamic Reduction

1 cup (250 mL) frozen blueberries
1 Tbsp (15 mL) sodium-reduced soy sauce
1/2 Tbsp (8 mL) balsamic vinegar

1. Preheat the oven to 325°F (163°C).
2. Place 1/4 cup of wild rice in a small sauce pan with 3/4 cup of sodium-reduced vegetable broth. Bring to a boil, then cover and reduce to low for 15 minutes. Take off the heat and let sit for an additional 10 minutes covered.
3. While the rice is cooking, butterfly your rib roast of pork and trim off visible fat.
4. In a medium frying pan, add oil and sauté the kale, garlic and onion for 5 minutes until the kale wilts. Mix in rice, blueberries and balsamic vinegar. Stuff rib roast with the kale stuffing and tie to secure. Glaze the outside of the roast with mustard, leaving the tips clean.
5. Roast in the oven for 20-25 minutes per lb, or approximately 1 1/2-2 hours. The roast will be done when it has reached an internal temperature of 155°F (69°C) and then is tented for 10 minutes.
6. Place ingredients for Blueberry Balsamic Reduction in a sauce pan over medium-high heat. Boil for 5 minutes or until desired consistency is reached. Drizzle blueberry balsamic reduction over the top.

Per serving: 162 calories; 20 g protein; 5 g fat (1 g saturated fat; 0 g trans fat; 43 g cholesterol); 10 g carbohydrate (2 g fibre; 4 g sugars; 0 g added sugars); 313 mg sodium; 579 mg potassium

Preparation Time:

25 minutes

Cook Time:

1 1/2 hours

Makes 6 servings.

Building Healthier Dietary Patterns



Nutrient-rich foods provide more nutrition for the amount of calories consumed.³

To eat well, build your daily eating plan around a variety of nutrient-rich foods by choosing foods in the recommended portion size from all four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives.

3. Drewnowski, A. and Fulgoni, V. (2008), Nutrient profiling of foods: creating a nutrient-rich food index. Nutrition Reviews, 66: 23-39.

These recipes have been reviewed by the Foundation's registered dietitians and are part of a healthy diet based on recommendations in Canada's Food Guide.



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Nutritional information was calculated using the Canadian Nutrient Data File 2007 and the USDA Nutrient Database.



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