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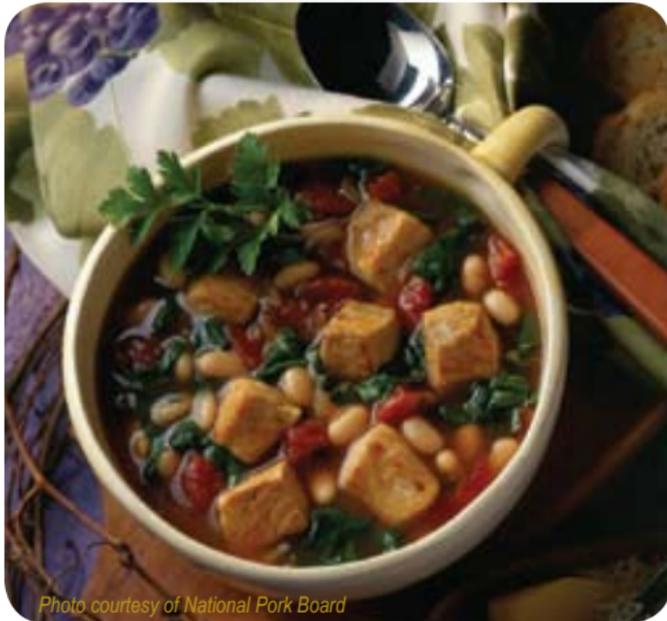


Photo courtesy of National Pork Board

Delicious Pork RECIPES for People with Diabetes

Easy-to-prepare recipes that are healthy, delicious, and created especially for diabetic diets

Good management of diabetes includes healthy eating, staying active, and following the advice of your health practitioner

PORK · PORC
MARKETING CANADA

Warm Pork & Spinach Salad



Photo courtesy of National Pork Board

NUTRITIONAL INFORMATION (1/4 of recipe)

Energy 268 kcal; 29 g protein; 28 g carbohydrate; 5 g fibre; 5.1 g fat (1.3 g saturated); 610 mg sodium {23 grams of available carbohydrate per serving}

Yield: Serves 4
Preparation Time: 20 minutes
Cooking Time: 5 minutes

Recipe adapted from National Pork Board

1 lb (500 g)	Canadian PORK tenderloin, cut into thin strips
1/2 cup (125 mL)	Prepared Italian dressing, fat-free
1 Tbsp (15 mL)	EACH: white wine vinegar, Dijon mustard, and brown sugar
8 oz (227 g)	Fresh spinach, coarsely shredded
3	Celery stalks, thinly sliced
1 cup (250 mL)	Seedless green grapes
2	Green onions, thinly sliced
8 oz (227 g)	Canned sliced water chestnuts, drained
1	Large green or yellow apple, cored and chopped
2 Tbsp (30 mL)	Sesame seeds, toasted

Cooking Instructions:

In a nonstick skillet, heat pork strips until cooked through, about 3-4 minutes. Meanwhile, in a small saucepan, combine Italian dressing, vinegar, mustard, and brown sugar. Heat just until sugar dissolves, stirring constantly; keep warm. In large serving bowl, toss together pork, spinach, celery, grapes, green onion, water chestnuts, and apple.

Pour warm dressing over salad; toss. Garnish with sesame seeds.

Eat more vegetables. They are very high in nutrients and usually low in calories.

A salad as an entrée is a great way to get your recommended vegetable intake. Adding lean pork makes it a filling and satisfying meal.

Oven-Grilled Pork & Veggie Wraps



NUTRITIONAL INFORMATION (1/4 of recipe or 1 wrap)
Energy 378 kcal; 24 g protein; 38 g carbohydrate; 5 g fibre; 14.3 g fat (4.3 g saturated); 604 mg sodium {33 grams of available carbohydrate per serving}

Yield:	Serves 4
Preparation Time:	20 minutes
Cooking Time:	10 minutes
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3	Canadian PORK chops (loin, sirloin or rib), boneless
1	Green pepper, cut into strips
1	Red or orange pepper, cut into strips
2	Portobello mushrooms, cut into slices
1	Large red onion, cut into wedges, separated
2	Small zucchini, thickly sliced
2 Tbsp (30 mL)	Balsamic vinegar
1 Tbsp (15 mL)	Olive oil
1/2 tsp (2 mL)	Italian seasoning
2 tsp (10 mL)	Crushed red pepper flakes
4	Large (10-inch/61 g) whole-wheat tortillas
1/4 cup (50 mL)	Spreadable cream cheese, reduced fat

Cooking Instructions:

Coat a large baking pan with cooking spray. Trim any visible fat from pork chops. Arrange chops and vegetables in a single layer on baking pan. In a small bowl, combine vinegar, oil, Italian seasoning, and red pepper flakes. Brush mixture on both sides of pork. Broil 5 to 6 inches (13-15 cm) from heat for about 6-10 minutes, or until pork is browned and vegetables are crisp-tender.

Meanwhile spread each tortilla with a layer of cream cheese. Remove pork from oven and slice into strips. Divide pork pieces and vegetables among tortillas; wrap tightly before serving.

Eat at least three regular meals every day; space meals 4 -6 hours apart.

At each meal, include at least three of the four Canada's Food Guide food groups (Vegetables & Fruit; Grain Products; Milk & Alternatives; Meat & Alternatives). This tasty wrap provides three of the four food groups; enjoy with a glass of milk or a yogurt on the side to get all four!

Cinnamon Pork Roast



Photo courtesy of National Pork Board

NUTRITIONAL INFORMATION (1/10 of recipe)

Energy 278 kcal; 40 g protein; 7 g carbohydrate; 2 g fibre;
9.7 g fat (3.3 g saturated); 136 mg sodium {5 grams of
available carbohydrate per serving}

Yield: Serves 10
Preparation Time: 10 minutes
Marinating Time: 3 hours to overnight
Cooking Time: 50-90 minutes

3½ to 4 lb (1.5–1.8 kg)	Canadian PORK loin roast, boneless
2 Tbsp (30 mL)	Ground cinnamon
1 tsp (5 mL)	Freshly ground pepper
2 Tbsp (30 mL)	Sugar
1	Onion, finely grated
4	Garlic cloves, minced
1 Tbsp (15 mL)	Soy sauce, sodium-reduced

Cooking Instructions:

Trim any visible fat from pork roast. In a small bowl, combine cinnamon, pepper, sugar, onion, and garlic; add soy sauce to

make a paste. Rub mixture into pork loin. Put in sealable plastic bag and refrigerate 3 hours to overnight.

Oven: Preheat oven to 325°F (160°C). Place pork in a shallow foil-lined baking dish. Roast pork for about 50 minutes or until meat thermometer registers an internal temperature of 155°F (68°C). Cover loosely with foil and allow to rest for 5-10 minutes (internal temperature will rise to about 160°F/71°C) before cutting into thin slices.

BBQ: Grill pork over medium-low indirect fire 1-1/4 to 1-1/2 hours (about 18-20 minutes per pound) or until the internal temperature is 155°F (68°C). Cover loosely with foil and allow to rest for 5-10 minutes (internal temperature will rise to about 160°F/71°C) before cutting into thin slices.

Serve with unsweetened applesauce, mashed potatoes, and your favourite green or orange vegetables.

Cinnamon has one of the highest antioxidant levels of any spice – as much as in a full cup (250 mL) of pomegranate juice or 1/2 cup (125 mL) of blueberries! Antioxidants are good for health and are found in many foods.

Ratatouille Pork Chops



NUTRITIONAL INFORMATION (1/4 of recipe without rice)
Energy 214 kcal; 26.5 g protein; 13 g carbohydrate; 3 g fibre; 6.5 g fat (1.6 g saturated); 284 mg sodium {10 grams of available carbohydrate per serving}

Yield: Serves 4
Preparation Time: 10 minutes
Cooking Time: 25 minutes

4	Canadian PORK Loin Chops
1 Tbsp (15 mL)	Olive oil
1 Tbsp (15 mL)	Minced garlic
1	Green pepper, chopped
1	Medium onion, chopped
19 oz (540 mL)	Canned whole tomatoes, undrained
2	Small zucchini, thickly sliced
1	Eggplant, peeled and chopped
1 tsp (5 mL)	Dried oregano
2 Tbsp (30 mL)	Fresh basil, chopped (or 2 tsp/10 mL dried basil)
1/2 tsp (2 mL)	EACH: salt and pepper

Cooking Instructions:

Heat oil in a non-stick skillet over medium-high heat. Trim all visible fat from pork and brown for 3 minutes on each side. Remove from pan. Add garlic, green pepper, and onion to pan and sauté for 1 minute. Add whole tomatoes, crushing with a spoon. Add remaining ingredients, mix well, reduce heat to low, cover and simmer for about 5 minutes. Return meat to pan, and continue simmering, uncovered, another 15 minutes.

Remove and serve over cooked bulgar or brown rice.

Add physical activity to your life to improve your blood glucose control.

Eat more high fibre foods (whole-grain breads and cereals, dried beans and peas, brown rice) to help you feel full and to help lower blood glucose and cholesterol levels. Top up the fibre in this vegetable-rich meal by serving it over brown rice or bulgar.

Pork and Sweet Potato Stew



NUTRITIONAL INFORMATION (1/8 of recipe)

Energy 255 kcal; 32 g protein; 19 g carbohydrate; 3 g fibre; 5.3 g fat (1.3 g saturated); 112 mg sodium {16 grams of available carbohydrate per serving}

Yield: Serves 8
Preparation Time: 15 minutes
Cooking Time: 80-90 minutes

2 lbs (1 kg)	Canadian PORK leg or loin, cut into cubes
1 Tbsp (15 mL)	Vegetable oil
2	Onions, chopped
2	Celery stalks, sliced
3 cups (750 mL)	Chicken broth, sodium-reduced
2 tsp (10 mL)	Dried thyme leaves
1 tsp (5 mL)	Grated lemon rind
1 Tbsp (15 mL)	Lemon juice
1/4 cup (50 mL)	All-purpose flour
1/4 cup (50 mL)	Cold water
2	Large sweet potatoes, peeled and cubed
2 cups (500 mL)	Frozen green beans

Cooking Instructions:

Heat oil in a Dutch oven over medium-high heat. Trim off any visible fat from pork, then brown pork cubes in batches. Add onions, celery, broth, thyme, lemon rind and juice. Cover and simmer 1 hour or until meat is tender. Whisk together flour and water; add to meat mixture along with sweet potatoes and green beans. Increase heat and boil gently about 20-30 more minutes or until sweet potatoes are tender and liquid has thickened.

Choose appropriate portions.

One Canada's Food Guide portion of lean meat is 2.5 oz (75 g) and adults can choose 2-3 servings per day. One serving is approximately the size of your palm and the thickness of your little finger.

Sweet potatoes, besides being rich in vitamin A, are a low glycemic index (GI) food. Eating foods with a low GI may help to control blood glucose levels. For more information on glycemic index see www.diabetes.ca

Hearty Italian Soup



Photo courtesy of National Pork Board

NUTRITIONAL INFORMATION (1/6 of recipe)

Energy 234 kcal; 23 g protein; 28 g carbohydrate; 10 g fibre; 3.5 g fat (0.7 g saturated); 556 mg sodium {18 grams of available carbohydrate per serving}

Yield: Serves 6
Preparation Time: 5 minutes
Cooking Time: 20 minutes

Recipe adapted from National Pork Board

3	Canadian PORK chops (loin, sirloin or rib), boneless
2 tsp (10 mL)	Vegetable oil
1	Small onion, chopped
2 tsp (10 mL)	Italian seasoning
19 oz (540 mL)	Canned 'no salt added' diced tomatoes, undrained
3 cups (750 mL)	Chicken broth, sodium-reduced
19 oz (540 mL)	Canned Romano or white kidney beans, drained and rinsed
8 oz (227 g)	Fresh (or frozen, thawed/drained) spinach leaves, shredded

Cooking Instructions:

Trim off any visible fat from the pork chops and cut them into cubes. In a deep saucepan, brown the pork cubes, onion, and 1 tsp (5 mL) of the Italian seasoning. When onions are soft, add all remaining ingredients, except spinach, and bring to a boil. Lower heat and simmer for 15 minutes. Stir in shredded spinach and cook for 2 minutes more.

Top with grated Parmesan cheese and serve with warmed whole-wheat rolls.

Limit sweets such as white and brown sugar, regular pop, candies, jam, and honey.

This soup is loaded with antioxidants provided by tomatoes and spinach, and has the benefit of fibre thanks to the beans. Legumes, like beans, peas and lentils, are also low glycemic foods.

Jerk Pork Chops



Photo courtesy of National Pork Board

NUTRITIONAL INFORMATION (1/6 of recipe or 1 chop)
Energy 238 kcal; 36 g protein; 2 g carbohydrate; 0.5 g fibre; 9 g fat (2.1 g saturated); 277 mg sodium {1.5 grams of available carbohydrate per serving}

Yield: Serves 6
Preparation Time: 5 minutes
Marinating Time: 3 hours to overnight
Cooking Time: 12-14 minutes

Recipe adapted from National Pork Board

6 Canadian centre-cut loin PORK chops, boneless, about 1 inch (2 1/2 cm) thick
1 1/2 tsp (7 mL) Ground allspice
1/2 tsp (2 mL) Salt
1 tsp (5 mL) EACH: dried thyme, ground coriander, cinnamon, nutmeg, garlic powder
1/4 tsp (1 mL) Cayenne pepper
2 Tbsp (30 mL) Vegetable oil

Cooking Instructions:

Trim off any visible fat from pork chops. In a small bowl, combine all seasonings and oil; mix to blend. Spread paste mixture on both sides of each pork chop. Place pork chops in a self-sealing plastic bag or baking dish and cover. Chill for 3 hours or overnight in refrigerator. Place chops on rack in broiler pan; broil 5 to 6 inches (13-15 cm) from heat for 6-7 minutes on each side, until brown and chops reach an internal temperature of 160°F (71°C).

Serve with colourful orange squash or sweet potatoes, and fresh green beans.

To keep control of your portions, think of the “space on your plate”. A well balanced plate will consist of 1/4 protein (e.g. pork), 1/4 starch (e.g. rice, potato, bread) and 1/2 vegetables or salad.



Choose Canadian Pork – look for this label when you buy fresh pork

PORK, A HEALTHY CHOICE

Nutrition Information calculated using Food Smart® Professional Edition 6.0

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