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PORK, A HEALTHY CHOICE

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MARKETING CANADA
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Kid-Approved RECIPES

Pork is tender and tasty; something the whole family will enjoy.

Pork is versatile, quick to prepare, and comes in a variety of lean, nutritious cuts.

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MARKETING CANADA



AS A PARENT, you can feel good about serving pork to your family.

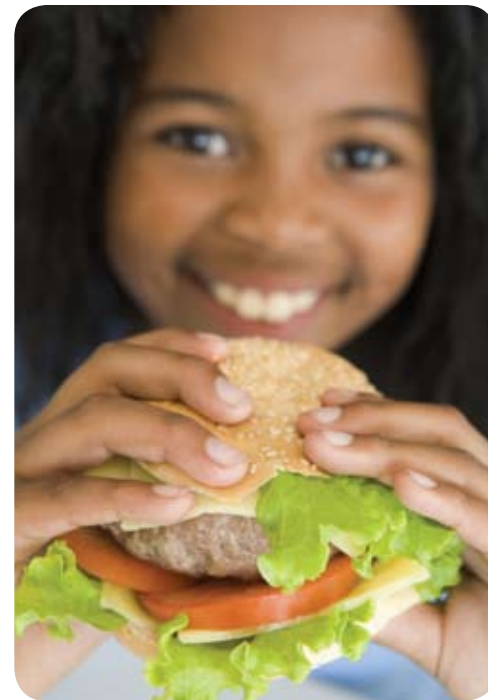
Pork contains many nutrients recommended by Health Canada to build and maintain a healthy body, including six essential vitamins, four important minerals, protein, and energy.

Including lean meat in a healthy eating plan is a tasty and easy way to get a compact source of good nutrition, an important consideration for small tummies and picky eaters. *Eating Well with Canada's Food Guide* recommends one to two servings of Meat and Alternatives each day for children aged 2-13 years,

and two to three servings for teens and adults. (One serving is 75 g/2 ½ oz.)

When toddlers are ready to chew meat, pork is often a favourite first choice. Pork is tender and mild-tasting; something the whole family will enjoy. Serve pork diced, in thin strips, or minced. Just 30 g (1 oz) per serving will be enough for very young children.

As a parent, don't forget to be a good role model and eat healthy meals yourself. Depend on the high nutritive value of easy-to-prepare meals that will also sustain you through your busy days. Try these Kid-Approved Pork recipes – many can be ready in about 30 minutes.



Pork Nuggets



NUTRITIONAL INFORMATION (per 1/4 of recipe)
Energy 229 kCal; 27 g protein; 23 g carbohydrate; 2 g fat (0.7 g saturated); 658 mg sodium

Yield: Serves 4
Preparation Time: 5 minutes (+ time to marinate)
Cooking Time: 20-25 minutes

1 lb (500 g) PORK tenderloin, or PORK loin centre chops
1/2 cup (125 mL) Orange marmalade or apricot jam
2 Tbsp (30 mL) Soya sauce
1/2 tsp (2 mL) Ground ginger
1/4 tsp (1 mL) Garlic powder
1-1/2 cups (375 mL) Corn flakes
Cooking spray

Cut Pork into small chunks. In a large zip-lock plastic bag, combine marmalade or jam, soya sauce, ginger, garlic, and the Pork pieces. Gently massage the bag and refrigerate for 1 hour or more. Meanwhile, in a separate zip-lock plastic bag, add the corn flakes; close top and crush until fine crumbs form (kids love to help with this task!)

Preheat oven to 400°F (200°C). Remove Pork from marinade (discard excess marinade). Coat Pork in the crushed cereal crumbs and place on a foil-lined baking tray coated with cooking spray. Bake in oven for 10 minutes, turn over and bake for another 10-15 minutes or until no pink remains. Serve with plum sauce or ranch dip, and raw veggies.

Zesty Ground Pork Pizza Burgers



NUTRITIONAL INFORMATION (1 burger or 1/6 of recipe)
Energy 351 kcal; 23 g protein; 26 g carbohydrate; 17 g fat (6.6 g saturated); 505 mg sodium

Yield: Serves 6
Preparation Time: 10 minutes
Cooking Time: 15-20 minutes

1 lb (500 g) Lean ground PORK
1/2 cup (125 mL) EACH: finely chopped mushrooms and dry bread crumbs
1 tsp (5 mL) Dried oregano leaves
7 fl oz (213 mL) Prepared pizza sauce
1/2 cup (125 mL) Part-skim mozzarella cheese, shredded
4 Sandwich buns
Tomato slices and lettuce

In a medium bowl, stir together lean ground Pork, mushrooms, bread crumbs, and oregano. Shape mixture into 6 patties.

Preheat barbecue on high; reduce temperature to medium. Place patties on lightly greased grill; close barbecue cover and grill 5 to 7 minutes per side or until no longer pink inside. OR, fry in lightly-greased skillet at medium-high heat until no longer pink inside.

Place burgers on buns; top each with pizza sauce and cheese. Arrange lettuce and a slice of tomato on the other half of the bun.

Scrambled Egg & Ham Muffins



NUTRITIONAL INFORMATION (1 muffin or 2 mini muffins) Energy 85 kCal; 7.5 g protein; 2.5 g carbohydrate; 5 g fat (2 g saturated); 237 mg sodium

Yield: 6 regular-sized or 12 mini 'muffins'
Preparation Time: 5 minutes
Cooking Time: 20 minutes

1/4 cup (50 mL) Frozen corn (or lightly cooked, chopped broccoli)
3 Eggs
1/3 cup (75 mL) Grated Parmesan or Cheddar cheese
1/4 cup (50 mL) Milk
1/4 cup (50 mL) Cooked HAM*, diced

**In place of ham, cooked Pork sausage or crispy bacon can be used*

Preheat oven to 350°F (180°C). Measure out corn and allow to thaw (or, if using broccoli, cook lightly in microwave).

Spray a 12-cup mini muffin pan (or 6 cups of a regular-sized muffin pan) with non-stick cooking spray or brush well with oil. (Kids can help with this task.)

In a medium bowl, whisk together eggs, cheese, and milk. Add in corn (or broccoli) and ham. Pour egg mixture into greased muffin cups, dividing evenly. Bake about 20 minutes until set. Remove from the oven and let stand to cool 5 minutes before serving.

Honey-Grilled Pork & Pear Kebabs



NUTRITIONAL INFORMATION (per 1/4 of recipe) Energy 292 kCal, 30 g protein, 35 g carbohydrate, 3.6 g fat, (1.1 g saturated fat), 231 mg sodium

Yield: Serves 4
Preparation Time: 15 minutes (+ time to marinate)
Cooking Time: 10 minutes

1 lb (500 g) PORK loin, PORK leg or PORK shoulder, cubed
1/2 cup (125 mL) Apple juice
3 Tbsp (45 mL) Dijon mustard
2 Tbsp (30 mL) Honey
1 Large pear, cut in 4 wedges
1 Medium red onion, cut in 8 wedges
1 Green or red pepper, cut in 1-inch (2.5 cm) pieces
1 Zucchini, sliced

Place Pork cubes in a large zip-lock plastic bag. In a separate bowl, combine apple juice, Dijon mustard, and honey and pour over Pork. Seal and refrigerate for 4 to 24 hours.

Remove Pork from marinade, reserving marinade in a small saucepan. Bring marinade to a boil and boil for at least 1 minute. Thread Pork on skewers, alternating with pieces of pear, red onion, green or red peppers, and zucchini. (Get older kids to help thread the pieces on.) Place kebabs on grill and brush with marinade; close barbecue cover and grill 10 to 12 minutes on medium temperature, turning occasionally and basting with apple juice marinade.

Sweet & Spicy Chops with Apples



Image courtesy of the National Pork Board

NUTRITIONAL INFORMATION (per 1/4 of recipe)
Energy 270 kCal, 22 g protein, 35 g carbohydrate, 6 g fat
(2 g saturated fat), 270 mg sodium

Yield: Serves 4
Preparation Time: 10 minutes (+ time to marinate)
Cooking Time: 10-12 minutes

4	PORK loin centre chops, boneless
1/4 cup (50 mL)	EACH: Dijon mustard, brown sugar
2 Tbsp (30 mL)	EACH: apple juice, Worcestershire sauce
4	Tart apples, cored and sliced into 1/2-inch (1.25 cm) thick slices

Place Pork chops in a large zip-lock plastic bag. Combine mustard, sugar, apple juice and Worcestershire sauce. Reserve 2 Tbsp (30 mL) of this mixture and pour the rest over the Pork chops. Seal bag; marinate in refrigerator 4 to 24 hours. Remove Pork from marinade (discard marinade). Brush apples with reserved 2 Tbsp (30 mL) marinade.

On the BBQ: Preheat barbecue on high; reduce heat to medium. Grill chops about 5 - 6 minutes per side. Grill apple slices about 4-5 minutes per side.

In the Oven: Place Pork chops in a shallow, non-stick pan and top with apple slices. Bake at 325°F (160°C) for 40-50 minutes, or until tender. Serve with grilled apple slices, mashed potatoes, and green beans.

Easy Peasy Pea Soup



NUTRITIONAL INFORMATION (per 1/8 of recipe)
Energy 287 kcal; 19 g protein; 37 g carbohydrate; 8 g fat
(2.3 g saturated); 469 mg sodium

Yield: Serves 8
Preparation Time: 5 minutes
Cooking Time: 60-75 minutes

1 Tbsp (15 mL)	Vegetable oil
2	PORK rib ends or "riblets", about 6 oz (200g)
1	Medium onion, chopped
1	Celery stalk, chopped
1	Carrot, chopped or shredded
16 oz (450 g)	Dried green/split peas
8 cups (2 L)	Water
1-1/2	Beef bouillon cubes (or 1-1/2 Tbsp powdered beef bouillon granules)
	Salt and pepper

Heat oil in a large pot or Dutch oven. Add Pork rib ends, onion, celery, and carrots and cook until ribs are brown and vegetables are softened. Add dried peas, water, and bouillon cubes and bring to a boil. Reduce heat, cover, and simmer until peas are soft (about 1 hour), stirring occasionally. If soup becomes too thick, add more water, and stir. Remove rib ends and discard bones, adding meaty pieces of Pork back into the soup. Add salt and pepper to taste.

Scalloped Potatoes with Ham



NUTRITIONAL INFORMATION (per 1/8 of recipe)
Energy 273 kCal; 16 g protein; 31 g carbohydrate; 9 g fat
(4.3 g saturated fat); 953 mg sodium

Yield:	Serves 8
Preparation Time:	20 minutes
Cooking Time:	4 hours in slow cooker
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3/4 lb (350 g)	cooked HAM, diced (about 1-1/2 cups)
1 cup (250 mL)	Cheddar cheese, shredded
1/2 cup (125 mL)	Onion, chopped
10 fl oz (284 mL)	Condensed cream of mushroom soup
1/2 cup (125 mL)	Water
1/2 tsp (2 mL)	Garlic powder
1/4 tsp (1 mL)	Black pepper
3 lbs (1.5 kg)	Potatoes, peeled and thinly sliced (about 8)

In a medium bowl, mix together all ingredients except the potatoes, stir until smooth. Gently add in sliced potatoes and stir lightly to coat. Place in slow cooker; cover and cook on High for 4 hours.

Serve as a side dish or add a side salad for a delicious main meal.

Honey-Mustard Tenderloin



NUTRITIONAL INFORMATION (per 1/4 of recipe)
Energy 198 kCal; 21 g protein; 25 g carbohydrate; 1.8 g
fat (0.6 g saturated); 104 mg sodium

Yield:	Serves 4
Preparation Time:	25 minutes
Cooking Time:	5 minutes
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1	Pork tenderloin, about 12 oz (375 grams)
1/4 cup (50 mL)	Honey
2 Tbsp (25 mL)	Cider vinegar
2 Tbsp (25 mL)	Brown sugar
1 Tbsp (15 mL)	Prepared yellow mustard

Preheat oven to 400°F (200°C). In a small bowl, mix honey, vinegar, sugar and mustard. Coat Pork tenderloin with sauce.

Place Pork tenderloin in a shallow pan, lined with foil. Roast for about 20 to 25 minutes, or until internal temperature reaches 155-160°F (68 -71°C) with a meat thermometer.

Slice and serve with mashed potatoes and colourful vegetables.