



I  Ontario Pork

Take charge of your heart health

- Nutrient-rich foods give you the most vitamins, minerals and other nutrients for the fewest calories.
- Choose foods in the recommended portion size from all four food groups: vegetables & fruit, grain products, milk & alternatives, and meat & alternatives.
- Pork cuts from the loin - **pork loin chops**, **loin roasts** and **tenderloin**, are the lowest in fat and contain essential nutrients including - thiamin, niacin, riboflavin, vitamin B-6, phosphorus, protein, zinc and potassium.

For delicious and healthy pork recipes visit putporkonyourfork.com



ONTARIO PORK

OTG | RECIPES

Visit putporkonyourfork.com for more nutritious pork recipes.

SWEET AND SOUR PORK STRIPS

Serves 4 • Cooking Time: 10 minutes • Preparation Time: 20 minutes

INGREDIENTS

- 1 LB (500 g) **Ontario Pork** from the loin, cut into strips, trimmed
- 2 TBSP (30 mL) cornstarch
- 2 TBSP (30 mL) light sesame oil, divided
- 1 can (14 fl oz/398 mL) pineapple chunks
- ¼ cup (60 mL) rice vinegar
- ¼ cup (60 mL) brown sugar
- 2 TBSP (30 mL) light or sodium-reduced soy sauce
- 1 TSP (5 mL) red pepper flakes (optional)
- ½ each: red and green bell peppers, cut into bite-sized pieces
- 1 large carrot, peeled, cut

lengthwise and thinly sliced on the diagonal

- 1 medium onion, sliced
- 1 TBSP (15 mL) minced ginger

DIRECTIONS

Place pork strips and cornstarch in a sealable plastic bag; seal and shake to coat. Heat 1 TBSP of oil in a large skillet over high heat. Add pork strips, in batches if necessary, and brown strips evenly. Set strips aside on absorbent paper towels and keep warm.

Drain pineapple chunks, reserving juice; set chunks aside. Measure out ¾ cup (175 mL) juice. Whisk together pineapple juice,

vinegar, sugar, soy sauce, and pepper flakes in a medium bowl.

Set the same skillet used for the pork strips over high heat and add remaining oil. Add peppers, carrot, and onion reducing heat to medium-high and stir-fry until they begin to soften, about four minutes. Add ginger and stir continuously for a few seconds. Add pineapple juice mixture and bring to a boil. Add pineapple chunks and pork. Cook, stirring a minute or two until heated through. Serve immediately.

Serve over plain steamed rice, sprinkled with white or black sesame seeds if desired.

MAPLE MUSTARD GRILLED PORK TENDERLOIN

Serves 6 • Cooking Time: 30 min • Preparation Time: 10 min

INGREDIENTS

- 2 (1 lb/500 g) Ontario Pork tenderloins
- 2 TBSP (30 mL) Dijon mustard
- 1 TBSP (15 mL) pure maple syrup
- 2 TSP (10 mL) canola oil
- 1 TSP (5 mL) hot chili-garlic sauce

ingredients; pour over pork; seal or cover and refrigerate for 3 hours or overnight.

Preheat oven to 375°F (190°C). Place tenderloins in a shallow pan, discarding any unused liquid, and roast for 30 minutes (to an internal temperature of 160°F [71°C]). Remove from oven; cover loosely with foil and let stand 5 minutes before slicing. Serve with your favourite vegetables and a pasta salad.

