

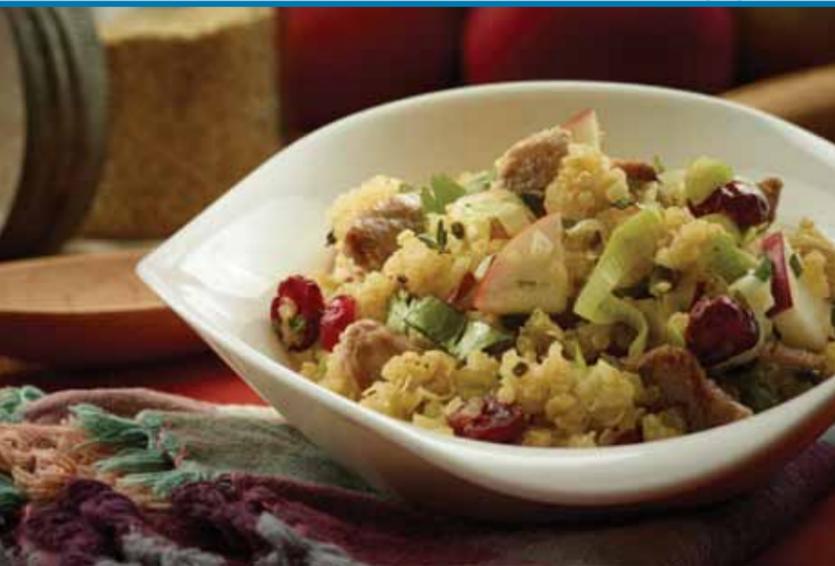


# Recipes for Weight Management

with Ontario Pork

Naan Pork Pizzas

## Quinoa, Pork and Apple Salad



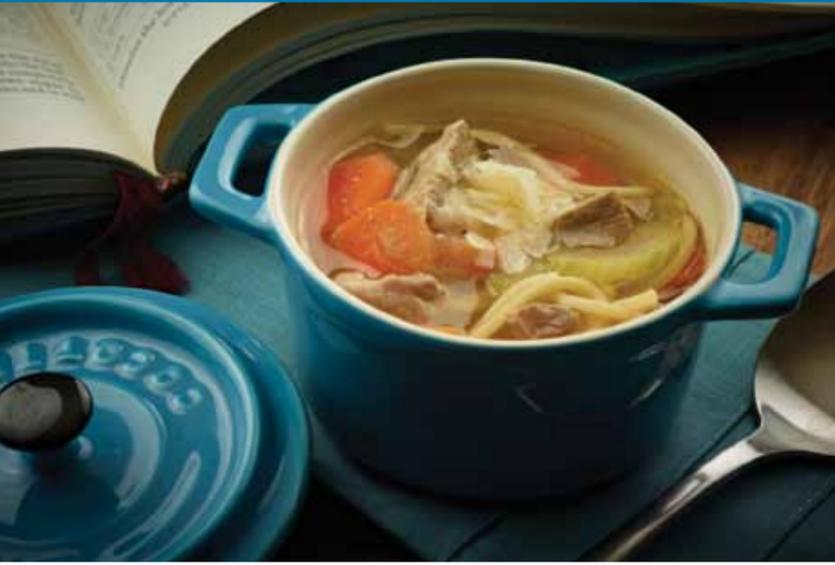
If you are trying to lose weight, your weight loss goal should be no more than 2 pounds (1 kg) per week. This is a realistic and healthy way of losing weight.

## Tandoori-Spiced Rib Roast



Make sure that whether you are trying to maintain or lose weight, your diet is nutritionally balanced and includes all four food groups from Canada's Food Guide.

## Pork and Vegetable Noodle Soup



High-protein foods such as pork and other meats help you feel full longer, so you may eat less.

## Coconut Curry Rib Chops



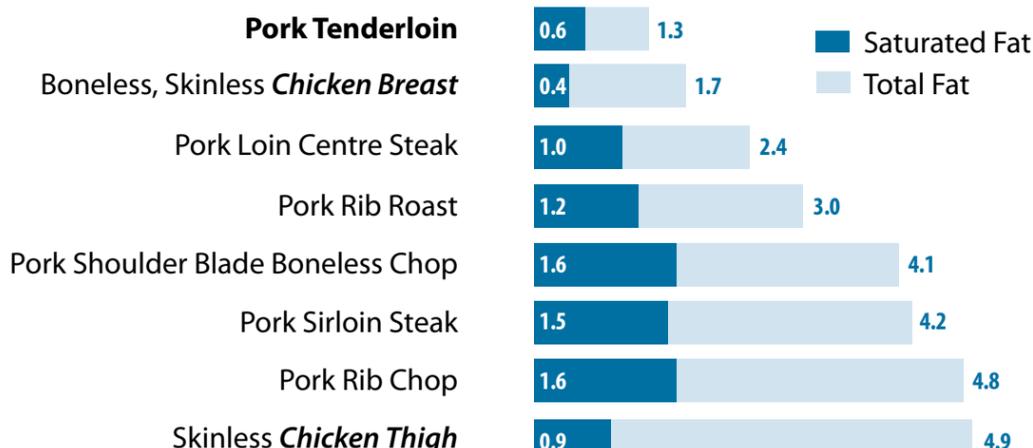
According to the National Weight Control Registry, 98% of participants reported they modified their food intake in some way to lose weight.

## Ham Panini with Balsamic Hummus



Choosing smaller portions of healthy foods and being more active each day will help you control your weight.

## Pork Is As Lean As Chicken



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

## Naan Pork Pizzas

### Preparation Time:

20 minutes

### Cook Time:

20 minutes

Makes 4 pizzas  
(8 servings)

### Nutrition Facts:

(1/2 Naan Pizza)  
Calories 326  
Protein 22 g  
Carbohydrates 36.7 g  
Fibre 5.6 g  
Fat 10 g  
Saturated 3.5 g  
Cholesterol 46 mg  
Sodium 316 mg

**Pizza made simple, healthy and fast using naan bread and tasty toppings. Change up the toppings to include favourites your family will love, and give you variety through the week. Be sure to enjoy a crisp, green salad alongside.**

1 tsp (5 mL) canola oil	4 (120 g each) whole wheat naan breads
1 lb (454 g) boneless pork loin, chopped	1 cup (250 mL) fresh broccoli florets, chopped
1 tbsp (15 mL) fresh parsley, chopped	1 red bell pepper, chopped
2 tsp (10 mL) fresh oregano, chopped	1 cup (250 mL) light Monterey Jack cheese, shredded, or ricotta cheese
3 cloves garlic, minced	
2 tbsp (30 mL) fresh basil, chopped	
1 cup (250 mL) homemade or sodium-reduced pasta sauce	

1. Preheat oven to 425°F (220°C).
2. In a large nonstick skillet, heat oil over medium-high heat. Sauté pork with parsley, oregano and garlic for 5 minutes or until browned and a hint of pink remains. Remove from heat.
3. In a small bowl, stir basil into pasta sauce and spread over naan breads. Sprinkle with pork loin mixture, broccoli and red pepper. Sprinkle with cheese and place on baking sheet.
4. Bake in 425°F (220°C) oven for about 15 minutes or until cheese is melted and crust is browned. Cut into quarters to serve.

**Tip:** Let pizzas cool slightly, cut in half, and wrap in parchment paper to pack in lunches and help keep some of the crisp in the bread.

## Quinoa, Pork and Apple Salad

### Preparation Time:

20 minutes

### Cook Time:

30 minutes

Makes 7 cups  
(8 servings)

### Nutrition Facts:

(per 1/8 recipe)  
Calories 244  
Protein 16.5 g  
Carbohydrates 35.9 g  
Fibre 6 g  
Fat 3.8 g  
Saturated 0.7 g  
Cholesterol 36 mg  
Sodium 11 mg

**Refreshing and full of fruit and herbs, this salad will make a great lunchtime meal, or bring it along to a potluck for a healthy and tasty option.**

2 tsp (10 mL) canola oil	1 cup (250 mL) quinoa, rinsed
1 leek, white and light green part only, thinly sliced	2 cups (500 mL) sodium-reduced vegetable broth
2 cloves garlic, minced	1 tart apple, cored and chopped
1 lb (454 g) pork tenderloin, cut into thin strips	1/2 cup (125 mL) dried cranberries or raisins
1/4 tsp (1 mL) black pepper, freshly ground	1/4 cup (60 mL) fresh cilantro or parsley, chopped
1 stalk celery, diced	
2 tsp (10 mL) fresh thyme and sage, each chopped	

1. In a large nonstick skillet, heat oil over medium heat and cook leeks and garlic for 3 minutes to soften. Add pork tenderloin and pepper. Increase heat to medium-high. Sauté for 5 minutes or until browned. Remove to plate.
2. Reduce heat to medium and cook celery, thyme, sage and quinoa, stirring for 5 minutes or until starting to pop. Add broth and bring to a simmer. Cover and cook for 10 minutes. Stir in pork, apple and cranberries. Cover and cook for about 8 minutes or until pork has a hint of pink. Fluff with fork into a large bowl and stir in cilantro.

**Tip:** Salad can be covered and refrigerated for up to 2 days.

## Tandoori- Spiced Rib Roast

### Preparation Time:

20 minutes

### Cook Time:

2 hours

Makes 10 servings

### Nutrition Facts:

(per 1/10 recipe, including raita)  
Calories 180  
Protein 22.5 g  
Carbohydrates 6 g  
Fibre 0.8 g  
Fat 7 g  
Saturated 2.5 g  
Cholesterol 52.48 mg  
Sodium 74 mg

**Spices combined with fresh herbs bring out the best in roasts and using yogurt is a traditional ingredient in Indian recipes. This easy roast is delicious served up hot with the cool raita, but can be enjoyed the next day in sandwiches with the raita used as a spread.**

1/2 cup (125 mL) 0% Greek yogurt	<b>Fresh Herb Raita:</b>
1 tbsp (15 mL) fresh ginger, minced	3/4 cup (175 mL) 0% Greek yogurt
2 tbsp (30 mL) paprika	1/2 cup (125 mL) grated cucumber, squeezed
1 tbsp (15 mL) each coriander and cumin, ground	1 clove garlic, minced
1/2 tsp (2 mL) cayenne pepper	2 tbsp (30 mL) fresh mint, chopped
2 lb (1 Kg) boneless pork loin rib roast	1 tbsp (15 mL) fresh coriander, chopped
	1 tsp (5 mL) granulated sugar
	1/4 tsp (1 mL) garam masala
	1/2 tsp (2 mL) jalapeño pepper, minced and seeded

1. In a resealable bag, combine yogurt, ginger, paprika, coriander, cumin and cayenne pepper and massage together. Add roast, close bag and massage marinade into roast. Refrigerate for at least 2 hours or up to 24 hours.
2. **Fresh Herb Raita:** In a bowl, stir together yogurt, cucumber, garlic, mint, coriander, sugar, garam masala and jalapeño pepper. Cover and refrigerate until ready to use.
3. Preheat oven to 325°F (160°C).
4. Remove roast from marinade and place on rack in roasting pan. Roast in 325°F (160°C) oven for about 2 hours or until meat thermometer inserted in centre registers 155°F (68°C). Cover and let stand 5 minutes before slicing thinly. Serve with Fresh Herb Raita (one serving of Raita is 1 tbsp).

## Pork and Vegetable Noodle Soup

### Preparation Time:

20 minutes

### Cook Time:

45 minutes

Makes 11 cups (2.75 L)

### Nutrition Facts:

(per cup)  
Calories 128  
Protein 11.4 g  
Carbohydrates 4.8 g  
Fibre 0.9 g  
Fat 6.6 g  
Saturated 2.2 g  
Cholesterol 34.2 mg  
Sodium 116 mg

**This comforting soup brings out all the flavour pork has to offer and provides not only a rich-tasting broth, but a chunky-style soup your family will love.**

3 shoulder blade chops, about 1 1/2 lbs (750 g)	2 carrots, thinly sliced
8 cups (2 L) water	2 stalks celery, thinly sliced
4 sprigs fresh parsley	1 cup (250 mL) spaghetti pasta, broken, about 1 inch (2.5 cm) pieces
4 sprigs fresh thyme	1/4 cup (60 mL) Parmesan cheese, freshly grated
4 cloves garlic	
3 cups (750 mL) sodium-reduced vegetable broth	

1. In a large soup pot, bring chops, water, parsley, thyme and garlic to simmer. Using a spoon, remove any foam from the top. Simmer uncovered for about 20 minutes or until meat starts to fall off the bone. Remove chops and let cool slightly.
2. Add vegetable broth, carrots and celery to pot and simmer, stirring occasionally for 15 minutes. Meanwhile, cut pork off the bone and chop finely. Return pork and add pasta to pot. Simmer for about 10 minutes or until pasta is tender and pork is hot.
3. Ladle into soup bowls and sprinkle with cheese before serving.

**Tip:** Try other short soup pastas for the broken spaghetti like baby shells, tubetti or orzo.

## Coconut Curry Rib Chops

### Preparation Time:

10 minutes

### Cook Time:

15 minutes

Makes 4 servings

### Nutrition Facts:

(per chop)  
Calories 177  
Protein 17.7 g  
Carbohydrates 2.8 g  
Fibre 0.7 g  
Fat 8.8 g  
Saturated 6.1 g  
Cholesterol 44.2 mg  
Sodium 112 mg

**The coconut milk and lime add flavour and tenderize the pork chops so they are delicious to enjoy. Marinate them ahead of time so you can simply pop them on the indoor grill for a quick dinner. Sprinkling them with toasted coconut at the end brings out an added crunch and more coconut flavour.**

1/3 cup (75 mL) light coconut milk	2 tsp (10 mL) fresh ginger, grated
1/3 cup (75 mL) water or sodium-reduced vegetable broth	1 large clove garlic, grated
1 tsp (5 mL) lime rind, grated	4 bone-in pork rib chops/1 1/2 lb (750 g)
3 tbsp (45 mL) lime juice	2 tbsp (30 mL) each fresh coriander and mint, chopped
1 tsp (5 mL) fish or soy sauce	1/4 cup (60 mL) shredded coconut, toasted
2 tsp (10 mL) curry powder	

1. In a large resealable bag, combine coconut milk, water, lime rind and juice, fish sauce, curry powder, ginger and garlic. Add chops and seal bag. Move around for marinade to coat chops. Refrigerate for at least 4 hours or up to 24 hours.
2. Remove from marinade and let excess drip off. Discard remaining marinade. Sprinkle both sides of chops with coriander and mint. Cook in a pan or an indoor grill over medium-high heat. Cook for about 8 minutes. If cooking in a pan, turn and cook for another 7 minutes or until a hint of pink remains inside.
3. Sprinkle each chop with toasted coconut before serving.

**Tip:** How to toast coconut: In a small, dry, nonstick skillet, toast coconut over medium heat, stirring often for about 8 minutes or until golden brown. Remove from pan immediately to stop cooking. Let cool before using.

## Ham Panini with Balsamic Hummus

### Preparation Time:

10 minutes

### Cook Time:

5 minutes per batch of sandwiches

Makes 4 sandwiches

### Nutrition Facts:

(per sandwich)  
Calories 291  
Protein 16 g  
Carbohydrates 30 g  
Fibre 5.8 g  
Fat 10 g  
Saturated 4.3 g  
Cholesterol 25 mg  
Sodium 524 mg

**Panini are warm, crisp sandwiches that can fill the lunchtime crunch or even be enjoyed at dinner with soup and salad. Using an old cheddar means less cheese in the sandwich but, still big on flavour. Look for an aged balsamic vinegar in stores that has a deep colour and syrupy texture for an added zip to the hummus.**

1/3 cup (75 mL) hummus	8 thin slices extra lean sodium-reduced ham, about 175 g
1 tbsp (15 mL) aged balsamic vinegar	1 yellow or red bell pepper, roasted
1 tsp (5 mL) Dijon mustard	1 tomato, thinly sliced
1 green onion, minced	1/2 cup (125 mL) 2-year-old cheddar, shredded
1 tsp (15 mL) fresh basil, chopped	
8 slices whole grain bread	

1. In a small bowl, stir together hummus, vinegar, mustard, onion and basil. Spread mixture over bread slices. Then add ham, bell pepper and tomato slices. Sprinkle with cheese.
2. Top each with remaining bread slices and place in panini press. Close lid and grill until bread is golden and cheese is melted. Cut in half on the diagonal to serve.

**Tip:** If you don't have a panini press, brush the sandwiches lightly with oil and place on nonstick skillet over medium heat. Place another clean skillet on top to weigh sandwiches down. Cook until golden and turn over. Repeat with remaining sandwiches.

To roast peppers, grill over medium-high heat or place under broiler, turning occasionally for about 10 minutes or until blistered and blackened. Let cool slightly, then remove outside skin and seeds. You can also use jarred roasted red peppers.

Nutrition information was calculated using FoodWorks 13 nutrition software.

These recipes have been designed to meet the Canadian Diabetes Association's nutritional guidelines.

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