

# *Gluten-Free Recipes*

*with  
Ontario  
Pork*



**Asian Pork Pot Pie**

# Asian Pork Pot Pie

## Preparation Time:

20 minutes

## Cook Time:

40 minutes

Makes 6 servings.

## Nutritional Information:

Per 1 pot pie

Calories 395.7

Fat 18.4

Saturated 6.9

Monounsaturated 7.2

Polyunsaturated 2.8

Cholesterol 96.7

Sodium 507.3

Carbohydrates 27.0

Fibre 2.8

Protein 29.6

Pot pies are a favourite for many families. In this Asian-inspired version the aroma of sesame, ginger and garlic are delicate and a perfect match for the pork. Top it off with a gluten-free pie pastry or biscuit mix at your local grocer.

1 boneless Ontario pork loin, about 1 1/2 lbs/750 g	1 large red bell pepper, chopped
2 tbsp (30 mL) sodium-reduced and gluten-free soy sauce or wheat-free tamari	1/2 cup (125 mL) sliced water chestnuts
1/4 tsp (1 mL) freshly ground black pepper	1/2 tsp (2 mL) hot pepper flakes
1 tbsp (15 mL) sesame oil	1 1/2 cups (375 mL) sodium-reduced and gluten-free chicken broth
4 cloves garlic, minced	3 tbsp (45 mL) cornstarch
1 tbsp (15 mL) minced fresh ginger	3 tbsp (45 mL) water
6 baby bok choy, chopped coarsely	1 uncooked gluten-free pie pastry (9 inch/23 cm)

1. Trim visible fat from pork. Cut into 1 1/2 inch (3.5 cm) cubes and sprinkle with 1 tbsp (15 mL) of the soy sauce and pepper.
2. In large deep skillet, heat oil over medium-high heat and brown pork in batches if necessary. Remove to plate.
3. Return skillet to medium heat and cook garlic and ginger for 1 minute. Add bok choy, red pepper, chestnuts and hot pepper flakes. Cook, stirring for 2 minutes. Return pork to skillet. Add broth and remaining soy sauce and bring to boil. Cover and reduce heat and simmer for about 10 minutes or until pork has a hint of pink.
4. In small bowl, whisk together cornstarch and water. Stir into skillet and cook for 1 minute or until thickened. Divide pork mixture among 6 ovenproof dishes (8 oz ramekins) and top each with pastry to fit. Cut a small vent hole on top and bake in 400°F (200°C) oven for about 15 minutes or until golden and bubbly.

# *Pesto Pork Chops*



Avoid cross-contamination by preparing gluten-free foods before dishes containing gluten.

## Pesto Pork Chops

### Preparation Time:

10 minutes

### Cook Time:

25 minutes

Makes 4 servings.

### Nutritional Information:

Per 1 Person Serving

Calories 306.6

Fat 15.6

Saturated 3.9

Monounsaturated 8.5

Polyunsaturated 2.0

Cholesterol 84.4

Sodium 197.4

Carbohydrates 8.5

Fibre 1.7

Protein 32.5

**Bright orange flavours are accented with a hint of smoked paprika for this simple weeknight dish. Whether you use your own pesto or a store-bought gluten-free pesto, this is an easy supper that is delicious served alongside corn pasta or rice pilaf.**

4 boneless Ontario pork loin chops, about 1 1/4 lbs/600 g	1 onion, thinly sliced
1 tsp (5 mL) dried oregano leaves	1 red bell pepper, thinly sliced
1/4 tsp (1 mL) freshly ground pepper	1 tbsp (15 mL) chopped fresh oregano
2 tsp (10 mL) extra virgin olive oil	2/3 cup (150 mL) sodium-reduced and gluten-free vegetable cocktail
3 tbsp (45 mL) gluten-free basil pesto	Pinch salt

1. Sprinkle pork chops with oregano and pepper. Set aside.
2. In ovenproof nonstick skillet, heat 1 tsp (5 mL) of the oil over medium high heat and brown pork chops on both sides. Spread pesto over pork chops and place in 400°F (200°C) oven for about 10 minutes or until hint of pink remains.
3. Meanwhile in another nonstick skillet heat remaining oil over medium heat and cook onion, pepper and fresh oregano for about 8 minutes or until starting to brown and soften. Add vegetable cocktail and salt. Simmer for about 5 minutes or until absorbed.
4. Divide onion mixture among plates and top with pork chops.

# *Pork Niçoise Salad*



Gluten can be a hidden ingredient in many different food products. Read labels carefully and avoid products with ingredients such as self-rising flour, farina and semolina which all contain gluten.

# Pork Niçoise Salad

## Preparation Time:

15 minutes

## Cook Time:

40 minutes

Makes 4-6 servings.

## Nutritional Information

Per 1 Person Serving

Calories 413.9

Fat 9.0

Saturated 2.4

Monounsaturated 3.3

Polysaturated 1.9

Cholesterol 69.1

Sodium 381.6

Carbohydrates 49.7

Fibre 3.0

Protein 32.8



For a fresh, light, dinner this colourful salad is full of vegetables and tender pork tenderloin. A healthy choice anytime of the year, vegetables and pork can be made ahead to enjoy the next day for brunch.

8 oz (250 g) mini red potatoes

6 oz (180 g) green beans, trimmed

1 tbsp (15 mL) each chopped fresh  
parsley and thyme

1 tbsp (15 mL) chopped fresh mint

1/4 tsp (1 mL) freshly ground black pepper

1 Ontario pork tenderloin, about 1 lb/500 g

2 tsp (10 mL) Dijon mustard

2 hard-boiled eggs, peeled and quartered

1 large field tomato, cut into wedges

### Tangy Mustard Herb Vinaigrette:

3 tbsp (45 mL) white wine vinegar

2 tbsp (30 mL) canola oil

2 tsp (10 mL) Dijon mustard

2 tsp (10 mL) chopped fresh parsley

Pinch each salt & freshly ground black pepper

1. In saucepan of boiling water, cook potatoes for about 15 minutes or until tender but firm. Remove with slotted spoon to bowl. Return water to boil and cook green beans for about 6 minutes or until bright green and tender crisp. Drain and rinse with cold water. Set aside.
2. In shallow bowl, combine parsley, thyme, mint and pepper. Spread tenderloin with mustard and roll into herb mixture to coat. Place on greased grill over medium high heat; close lid and grill, turning occasionally for about 18 minutes or until meat thermometer registers 155°F (68°C). Remove to cutting board and let rest for 3 minutes before slicing.
3. Meanwhile, cut potatoes in quarters and beans in half and place decoratively on platter. Add eggs and tomato. Lay pork slices on platter alongside.
4. **Vinaigrette:** Whisk together vinegar, oil, mustard, parsley, salt and pepper. Drizzle over salad.

# *Balsamic Pork and Tomatoes*



People who avoid gluten include those with celiac disease, gluten intolerance or a wheat allergy.



# Balsamic Pork and Tomatoes

## Preparation Time:

15 minutes

## Cook Time:

25 minutes

Makes 4 servings.

## Nutritional Information:

Per 1 Person Serving

Calories 242.7

Fat 13.1

Saturated 4.3

Monounsaturated 6.6

Polyunsaturated 1.0

Cholesterol 67.2

Sodium 126.4

Carbohydrates 6.3

Fibre 1.1

Protein 24.3



**Look for an aged balsamic vinegar for the best flavour. This dish is perfect served with long-grain and wild rice pilaf or your favourite garden salad.**

4 bone-in Ontario pork chops, about 1 1/2 lbs/750 g	1 cup (250 mL) peeled pearl onions
1 tsp (5 mL) Italian herb seasoning *see Tip	1 pint grape tomatoes
1/4 tsp (1 mL) freshly ground pepper	4 cloves garlic, thinly sliced
Pinch salt	1/4 cup (60 mL) aged balsamic vinegar
2 tsp (10 mL) extra virgin olive oil	2 tbsp (30 mL) chopped fresh basil or parsley

1. Sprinkle both sides of pork chops with 1/2 tsp (2 mL) of the seasoning, pepper and salt.
2. In large nonstick skillet, heat 1 tsp (5 mL) of the oil over medium-high heat and brown pork chops on both sides. Place in baking dish large enough to fit them.
3. Return skillet to medium-high heat and add remaining oil. Cook pearl onions, stirring for about 2 minutes or until starting to brown. Add tomatoes and remaining Italian seasoning and cook for 2 minutes. Scrape into baking dish. Drizzle vinegar over top and roast in 425°F (220°C) oven for about 15 minutes or until hint of pink remains in pork. Sprinkle with basil before serving.

**Tip:** To help peel the pearl onions, place them in a bowl and pour boiling water over them. Let them stand for about 5 minutes before trying to peel them. The skins should just pull right off.

To make your own gluten-free Italian herb seasoning combine equal amounts of thyme, oregano, basil, marjoram, rosemary and sage or use a variation of just a few to make your own favourite mix.



# *Fennel-Crusted Pork-Fried Rice*



Talk with a doctor or a registered dietitian who can help you identify products that contain gluten.

## *Fennel- Cruised Pork- Fried Rice*

### **Preparation Time:**

25 minutes

### **Cook Time:**

40 minutes

Makes 4-6 servings.

### **Nutritional Information:**

Per 1 Person Serving

Calories 282.7

Fat 8.5

Saturated 2.4

Monounsaturated 3.3

Polyunsaturated 1.8

Cholesterol 48.0

Sodium 172.0

Carbohydrates 30.5

Fibre 2.8

Protein 20.8

**A fried rice with a different flavour of fennel and pork. Full of colourful vegetables and such an easy way to enjoy a full meal in one bowl.**

1 Ontario pork tenderloin, about 1 lb/500 g	2 cups (500 mL) sodium-reduced and gluten-free chicken broth
1 tbsp (15 mL) chopped fresh thyme	1 small onion, chopped
1 tsp (5 mL) fennel seeds, crushed	1 carrot, chopped
2 cloves garlic, minced	1 stalk celery, chopped
1/4 tsp (1 mL) pepper	2 cups (500 mL) sliced mushrooms
2 tsp (10 mL) canola oil	1 red bell pepper, chopped
1 cup (250 mL) long-grain brown rice	1 small zucchini, chopped

1. Cut tenderloin into thin strips and place in bowl.
2. In mortar and pestle, mash together thyme, fennel and garlic. Scrape into pork and add pepper and oil. Stir to coat well.
3. In saucepan bring rice and broth to boil. Cover and simmer for about 25 minutes or until liquid is absorbed and rice is tender. Set aside.
4. Heat large nonstick skillet over medium-high heat and brown pork. Remove to plate.
5. Reduce heat to medium and add onion, carrot and celery to skillet, stirring for 2 minutes. Add mushrooms, pepper and zucchini. Cook, stirring for about 8 minutes or until starting to brown. Stir in cooked rice and browned pork and cook, stirring for about 8 minutes or until rice is starting to crisp and pork has a hint of pink inside.

# *Pork Burgers with Mango Salsa*



It's estimated  
1 in 133 Canadians  
are affected by  
celiac disease.

## Pork Burgers with Mango Salsa

### Preparation Time:

15 minutes

### Cook Time:

15 minutes

Makes 4 servings.

### Nutritional Information:

Per 1 Person Serving

Calories 266.2

Fat 6.5

Saturated 0.0

Monounsaturated 0.2

Polyunsaturated 0.1

Cholesterol 80.8

Sodium 189.9

Carbohydrates 22.1

Fibre 3.5

Protein 32.2



Lean and juicy pork burgers are delicious served on their own or over your favourite gluten-free noodles or rice. For the traditionalists, look for a gluten-free bun or cut gluten-free bread into rounds to tuck the burger into.

1 onion, grated

2 tbsp (30 mL) gluten-free mango chutney \*see Tip

2 cloves garlic, grated

2 tbsp (30 mL) chopped fresh oregano **or**

2 tsp (10 mL) dried oregano leaves

1/4 tsp (1 mL) freshly ground pepper

1 lb (500 g) Ontario lean ground pork

### Mango Salsa:

1 mango, peeled, pitted and diced

1 jalapeno pepper, seeded and minced

Half red bell pepper, diced

2 tbsp (30 mL) chopped fresh cilantro

1 small clove garlic, minced

1/2 tsp (2 mL) grated lime rind

2 tbsp (30 mL) lime juice

Pinch salt

1. **Mango Salsa:** In bowl, combine mango, jalapeno, red pepper, cilantro, garlic, lime rind and juice and salt. Cover and refrigerate for up to 4 hours.
2. In large bowl, combine onion, chutney, garlic, oregano and pepper. Add pork and using hands mix together until well distributed. Shape mixture into 4 patties about 1 inch (2.5 cm) thick.
3. Place burgers on greased grill over medium-high heat. Grill for about 15 minutes, turning once or until no longer pink inside. Serve burgers topped with salsa.

**Mini Burger Option:** Make 12 small patties and grill for about 10 minutes, turning once.

**Tip:** Look on jar labels for gluten-free chutneys or make your own. You can use your favourite chutney like peach, pear or plum.

# Quick Orange Pork Paella

Bright orange flavours are accented with a hint of smoked paprika for this simple weeknight meal. Enjoy leftovers for lunch the next day hot or cold as a salad.



**Preparation Time:** 20 minutes **Cook Time:** 35 minutes  
Makes 4 servings.

## Nutritional Information:

Per 1 Person Serving

Calories 413.9; Fat 9.0 (Saturated 2.4, Monounsaturated 3.3, Polyunsaturated 1.9); Cholesterol 69.1; Sodium 381.6; Carbohydrates 49.7; Fibre 3.0; Protein 32.8

4 boneless Ontario pork loin chops (about 1 lb/500 g)	1 cup (250 mL) basmati rice
3 cloves garlic, minced	1 3/4 cups (425 mL) sodium-reduced and gluten-free chicken broth or water
3/4 tsp (4 mL) dried thyme leaves	1/4 cup (60 mL) orange juice
1/2 tsp (2 mL) finely grated orange rind	1 cup (250 mL) frozen peas
1/2 tsp (2 mL) smoked paprika	2/3 cup (150 mL) chopped roasted red peppers
2 tsp (10 mL) canola oil	
1 onion, chopped	

1. Trim visible fat from pork and chop into bite-sized pieces. Place in bowl. Add garlic, thyme, orange rind and paprika and toss to coat.
2. In large, deep nonstick skillet, heat oil over medium-high heat. Cook pork, stirring for about 4 minutes or until browned. Remove to plate. Return skillet to medium heat and cook onion for about 3 minutes or until softened. Stir in rice to coat and return pork to skillet. Add broth and orange juice. Bring to boil.
3. Cover and reduce heat to low and cook for 15 minutes. Stir in peas and peppers. Cover and cook for 10 minutes or until peas are hot and liquid is absorbed.

*Make sure you read food labels as ingredients in a product can change at any time.*



<http://mobilerecipe.ontariopork.com>



ONTARIO PORK



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Nutrition information was calculated using  
Genesis R&D SQL Nutrition Software