

Bone Healthy Recipes

*With
Ontario Pork*



Pork, Mushroom and Arugula Galette

Pork, Mushroom and Arugula Galette

Yield: Serves 6

Cooking Time: 20 minutes

Preparation Time: 15 minutes

Ingredients

1 tsp (5 mL) margarine	1 tsp (5 mL) low-sodium soy sauce
1 cup (250 mL) diced onion	1 cup (250 mL) diced cooked peameal bacon
2 cups (500 mL) sliced mushrooms	1/2 cup (125 mL) 2% cottage cheese
1/2 tsp (2 mL) dried thyme leaves	2 eggs, beaten
1/2 tsp (2 mL) dried rosemary leaves	7 oz (200 g) pizza dough
1 clove garlic	1/2 cup (125 mL) baby arugula

Cooking Instructions

1. Preheat the oven to 425°F (218°C).
2. Heat margarine in a medium saucepan over medium-high heat. Stir in onion and cook for 5 minutes. Stir in mushrooms, thyme, rosemary, garlic and soy sauce, and cook for an additional 5 minutes or until liquid has evaporated and the mushrooms and onions are well browned. In a medium bowl stir together the mushroom mixture, peameal bacon, cottage cheese and 1 egg.
3. Roll out the pizza dough and cut into a 10-inch round on a parchment-lined baking tray. Spoon the pork-mushroom filling into the centre of the dough and fold up the sides. Brush the exposed dough with the remaining egg. Bake for 20 minutes or until the crust is golden brown. Let the galette rest for 5 minutes before serving. Sprinkle baby arugula on top to garnish, cut into 6 slices and enjoy.



Protein forms the collagen matrix upon which minerals such as calcium and phosphorus build hard bones.

Nutrition Facts per 1 serving (1/6 of recipe)*: 156 calories; 13 g protein; 5 g fat (2 g saturated fat; 0 g trans fat; 77 mg cholesterol); 14 g carbohydrate (1 g fibre; 3 g sugars; 0 g added sugars); 575 mg sodium; 49 mg calcium, 275 mg potassium

**The percentage of calcium is based on Osteoporosis Canada's daily calcium requirement of 1000 mg for people under 50 years of age.

Hearty Italian Soup

32 g of protein



Hearty Italian Soup

Yield: Serves 6

Cooking Time: 20 minutes

Preparation Time: 5 minutes

Ingredients

- 3 Ontario pork (loin, sirloin or rib) boneless chops
- 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) sodium-reduced chicken broth
- 19 oz (540 mL) canned Romano or white kidney beans, drained and rinsed
- 8 oz (250 g) fresh (or frozen, thawed/drained) shredded spinach leaves
- 1/4 cup (60 mL) grated Parmesan cheese

Cooking Instructions

1. Trim off any visible fat from the pork chops and cut them into cubes.
2. Heat oil in a deep saucepan, brown the pork cubes, onion and 1 tsp (5 mL) of the Italian seasoning.
3. When onions are soft, add all remaining ingredients, except spinach and cheese, and bring to a boil. Lower heat and simmer for 15 minutes.
4. Stir in shredded spinach and cook for 2 minutes more.
5. Top with grated Parmesan cheese and serve with warmed whole wheat rolls.

Nutrition Facts per 1 serving (1/6 of recipe)*: 290 calories; 32 g protein; 6 g fat (2 g saturated fat; 0 g trans fat; 47 mg cholesterol); 28 g carbohydrate (8 g fibre; 3 g sugars; 0 g added sugars); 483 mg sodium; 194 mg calcium; 1128 mg potassium

*The percentage of calcium is based on Osteoporosis Canada’s daily calcium requirement of 1000 mg for people under 50 years of age.



High-protein diets are associated with greater bone mass and fewer fractures when calcium intake is adequate.

Cranberry- Glazed Pork Skewers

18 g of protein



Cranberry-Glazed Pork Skewers with Garden Salad

Yield: Serves 6

Cooking Time: 6 minutes

Preparation Time: 15 minutes

Ingredients

1/2 cup (125 mL) fresh or frozen cranberries
1/2 cup (125 mL) diced mango
1 tbsp (15 mL) honey
1/4 cup (60 mL) water
1 tsp (5 mL) low-sodium soy sauce
1/2 tsp (2 mL) each chopped garlic and fresh ginger
1 tsp (5 mL) cornstarch
1 lb (450 g) Ontario pork loin or shoulder, sliced thin

10 cups (2.5 L) baby arugula
1 cup (250 mL) sliced red onion
1 cup (250 mL) diced cucumber
1 cup (250 mL) sliced strawberries
1/4 cup (60 mL) low fat feta cheese
2 tbsp (30 mL) balsamic vinegar
1 tsp (5 mL) extra virgin olive oil



Bone loss occurs as we age because new bone is not laid down at the same rate as older bone is lost. The result might be a thinning of bones.

Cooking Instructions

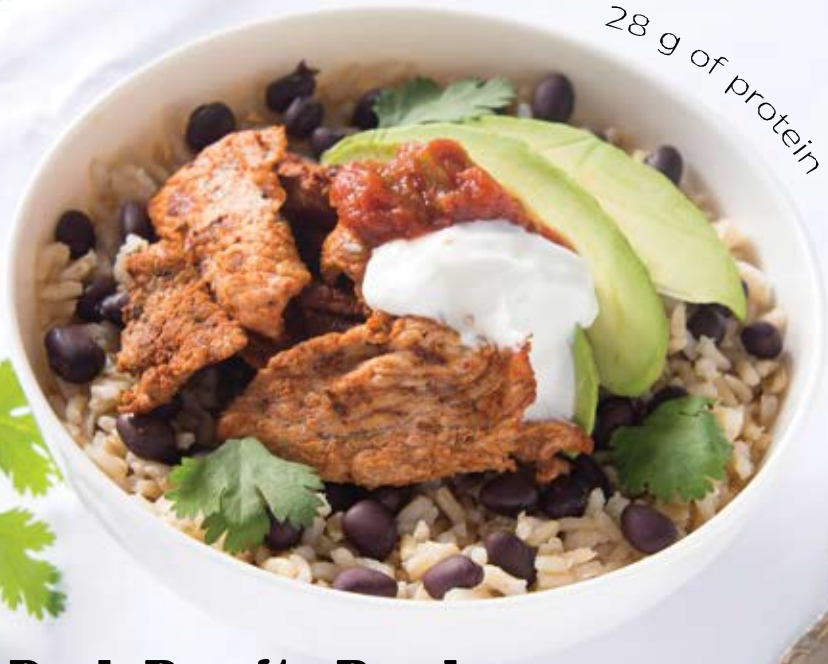
1. In a food processor, blend together cranberries, honey, diced mango, water, soy sauce, garlic, ginger and cornstarch for around 1 minute. Pour into a small saucepan and bring to a boil. Cook for 30 seconds or until the mixture is thickened.
2. Soak wooden skewers in water for 5 minutes. Skewer pork and grill over medium-high heat for 2 minutes on each side. Once skewers have been cooked, remove from the grill and brush them with the cranberry glaze.
3. Serve pork over a garden salad made from baby arugula, red onion, cucumber, strawberries and feta cheese. Drizzle with balsamic vinegar and olive oil.

Nutrition Facts per 1 serving (1/6 of recipe)*: 163 calories; 18 g protein; 5 g fat (2 g saturated fat; 0 g trans fat; 42 mg cholesterol); 12 g carbohydrate (2 g fibre; 9 g sugars; 3 g added sugars); 121 mg sodium; 103 mg calcium; 386 mg potassium

*The percentage of calcium is based on Osteoporosis Canada's daily calcium requirement of 1000 mg for people under 50 years of age.

28 g of protein

Healthy Pork Burrito Bowl



Healthy Pork Burrito Bowl

Yield: 6 servings

Cooking Time: 30 minutes

Preparation Time: 15 minutes (plus 2 hours to marinate)

Ingredients

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| 1 lb (450 g) Ontario pork picnic shoulder, thinly sliced | 2 cups (500 mL) low-sodium chicken broth |
| 2 tsp (10 mL) ground cumin, divided | 1 15-oz can low-sodium black beans, rinsed |
| 1/4 tsp (1 mL) ground chili | 1 tsp (5 mL) vegetable oil |
| 1 clove garlic, minced | 1/4 cup (60 mL) salsa |
| 1/2 tsp (2 mL) oregano | 1/4 cup (60 mL) low fat sour cream |
| 2 tsp (10 mL) ground paprika | 1/4 avocado, sliced |
| 1 cup (250 mL) brown rice | |



Protein gives bone its strength and flexibility.

Cooking Instructions

1. In a medium bowl, mix together pork, 1 tsp (5 mL) of cumin, chili, garlic, oregano and paprika until pork is coated. Cover and refrigerate for 2 hours.
2. In a medium saucepan, combine remaining cumin, brown rice, chicken broth and beans. Bring to a boil with lid off. Once boiling, turn to low, stir and cover for 15 minutes. Take off burner and keep lid on for another 15 minutes. Fluff with a fork and serve into 6 separate bowls.
3. Heat oil in a medium-sized skillet over high heat. Stir fry pork for 2 minutes, or until no pink remains.
4. Place pork on top of each rice bowl. Garnish with 1 tbsp (15 mL) each salsa and sour cream. Evenly distribute the avocado slices between the 6 bowls, and sprinkle each bowl with cilantro.

Nutrition Facts per 1 serving (1/6 of recipe)*: 369 calories; 28 g protein; 8 g fat (2 g saturated fat; 0 g trans fat; 53 mg cholesterol); 46 g carbohydrate (9 g fibre; 1 g sugars; 0 g added sugars); 579 mg sodium; 65 mg calcium; 732 mg potassium

*The percentage of calcium is based on Osteoporosis Canada's daily calcium requirement of 1000 mg for people under 50 years of age.

Bone Health and Protein

Osteoporosis Canada, a registered charity established in 1982, is the only national organization dedicated to serving people who have, or are at risk for, osteoporosis and osteoporotic fractures. There is no cure; however the risk of fracture can be reduced with appropriate treatment and lifestyle changes. Two million Canadians are affected by osteoporosis and it affects both men and women. Osteoporosis is not a normal or unavoidable part of aging.

Osteoporosis Canada's position on nutrition for healthy bones focuses on a few key nutrients while stressing a well-balanced diet including all four food groups in Canada's Food Guide. A bone-healthy diet needs many nutrients for healthy and strong bones, including:

- Calcium
- Vitamin D
- Protein

In addition to calcium and other minerals, bone is made up of protein, a nutrient necessary for building and repairing body tissues including bones. Too many seniors don't eat enough protein or other important nutrients. High-protein diets are associated with greater bone mass and fewer fractures when calcium intake is adequate. Pork is part of a healthy balanced diet and is an excellent source of high-quality protein.

Bone Health with Ontario Pork and Osteoporosis Canada

Nutrition information was calculated using the Canadian Nutrient File and the USDA National Nutrient Database.

These recipes have been designed to meet the nutritional guidelines set out by Osteoporosis Canada.



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