



# News Release

FOR IMMEDIATE RELEASE

## CELEBRATE NUTRITION MONTH WITH ONTARIO PORK

**Guelph, March 1, 2010** — Ontario Pork is celebrating March as Nutrition Month and is encouraging consumers to choose pork as part of a healthy diet. In addition to providing variety and flavour to a balanced diet, fresh pork contains essential nutrients including thiamin, niacin, riboflavin, vitamin B-6, phosphorus, protein, zinc and potassium.

Consumers may be surprised to learn that certain cuts of pork are just as lean and healthy as a chicken breast or fish, says Kimberly Green, Ontario Pork's Registered Dietitian. She recommends choosing the leaner cuts of pork like tenderloin, boneless or bone-in loin chops and pork roasts. *Canada's Food Guide* suggests two to three 75 gram (2.5 oz) servings of Meat and Alternatives each day for adults and one to two servings for children.

This year's national Nutrition Month theme is "celebrate food...from field to table". Knowing more about the food we eat, where it comes from, how it's produced, and what nutritional benefits it provides are important considerations for a healthy lifestyle. Pork produced in Ontario is of the highest quality and adheres to strict safety standards. Animals are fed a diet rich in vitamins and minerals that consists primarily of grains (corn and soy) and all ingredients must be approved under the Canadian Feeds Act and Regulations.

Ontario Pork represents the 2,300 farmers who market hogs in the province in many areas, including hog marketing, research, government representation, environmental issues, consumer education and food quality assurance. The pork industry in Ontario accounts for 27,000 jobs, and it is estimated that total industry output from farm gate sales is worth \$4 billion to the Ontario economy.

For a quick and healthy supper prepare Ratatouille Pork Chops tonight using Ontario-produced fresh pork and vegetables. Put Ontario pork on your fork! For more recipes visit [www.putporkonyourfork.ca](http://www.putporkonyourfork.ca).

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## **Ratatouille Pork Chops**

Yield: Serves 4

Cooking Time: 25 minutes

Preparation Time: 10 minutes

### **Ingredients**

4 **Ontario pork loin chops**, bone-in or boneless (~100g each)

1 Tbsp (15 mL) olive oil

1 Tbsp (15 mL) minced garlic

1 **Ontario green pepper**, chopped

1 medium **Ontario onion**, chopped

1 can (19 oz/540 mL) whole tomatoes, undrained

2 small (or one large) **Ontario zucchini**, thickly sliced

1 medium **Ontario eggplant**, peeled and sliced

1 tsp (5 mL) dried oregano

2 Tbsp (25 mL) fresh basil, chopped (or 2 tsp/10 mL dried basil)

1/2 tsp EACH: salt and pepper

### **Cooking Instructions**

Heat oil in a non-stick skillet over medium-high heat. Trim all visible fat from pork and brown for 3 minutes on each side, depending on thickness of chop. Remove from pan. Add garlic, bell pepper and onion to pan and sauté for 1 minute. Add whole tomatoes, crushing with a spoon. Add remaining ingredients, mix well, reduce heat to low, cover and simmer for about 5 minutes. Return meat to pan, and continue simmering, uncovered, another 15 minutes.

Remove and serve over pasta or rice, with a green salad.

Source: [www.putporkonyourfork.com](http://www.putporkonyourfork.com)