

# *Managing Diabetes*

Through  
Diet

*with  
Ontario  
Pork*

Chunky Pork Bolognese Sauce

A close-up photograph of a white plate filled with spaghetti. The spaghetti is covered in a thick, chunky pork bolognese sauce. The sauce contains large pieces of pork, tomatoes, and other vegetables. The dish is garnished with fresh green peas and finely chopped green herbs. A silver fork is visible on the right side of the plate. The background is softly blurred, showing a white tablecloth and a small glass bowl.

# Chunky Pork Bolognese Sauce

## Preparation Time:

20 minutes

## Cook Time:

35 minutes

Makes 8 servings.

**This chunky version of a classic Italian meat sauce is perfect to enjoy served tossed with whole wheat pasta or poured over rice or couscous with some steamed green beans for dinner.**

2 tsp (10 mL) extra virgin olive oil	1/2 tsp (2 mL) hot pepper flakes
1 large onion, diced	1 lb (500 g) boneless Ontario pork loin, diced
1 stalk celery, diced	1 can (28 oz/796 mL) diced tomatoes
1 carrot, diced	2 tbsp (30 mL) all-purpose flour
3 cloves garlic, minced	1 cup (250 mL) 1% milk
2 tbsp (30 mL) chopped fresh parsley	

1. In large saucepan, heat oil over medium heat and cook onion, celery, carrot, garlic, parsley and hot pepper flakes, stirring for 5 minutes or until starting to soften. Increase heat to medium-high and add pork. Cook for 5 minutes or until starting to brown. Add tomatoes and bring to boil. Reduce heat. Simmer for 15 minutes.
2. Whisk flour into milk and slowly pour into sauce. Cook, stirring for about 10 minutes or until thickened slightly.

**Per serving:** 170 calories; 14 g protein; 8 g fat; 10 g carbohydrate; 2 g fibre; 310 mg sodium

**Variations:** Substitute lean ground pork for the pork loin and follow the recipe as above. For a spiced-up kick to the sauce, increase the hot pepper flakes to 3/4 tsp (4 mL).

# *Easy Pork and Pepper Ravioli*



Eating at regularly scheduled intervals helps to control blood glucose levels, aids in digestion and increases nutrient absorption.

# Easy Pork and Pepper Ravioli

## Preparation Time:

30 minutes

## Cook Time:

35 minutes

Makes 8 servings\*.

Large ravioli are easy to make with won ton wrappers because you don't have to make the dough. Serve with green garden salad to round out your plate.

1 lb (500 g) lean ground Ontario pork  
1 small onion, finely chopped  
2 cloves garlic, minced  
1/2 cup (125 mL) finely diced roasted red pepper  
3 tbsp (45 mL) freshly grated Parmesan cheese  
2 tbsp (30 mL) chopped fresh parsley  
1 pkg (400 g) won ton wrappers

### Tomato Sauce:

1 bottle (700 mL) tomato purée (passata)  
1/2 cup (125 mL) water  
1 small onion, quartered  
2 cloves garlic, minced  
2 sprigs fresh parsley  
1 tsp (5 mL) dried oregano leaves  
1/4 tsp (1 mL) hot pepper flakes

1. **Tomato Sauce:** Pour purée and water into saucepan. Add onion, garlic, parsley, oregano and hot pepper flakes. Bring to boil. Cover and simmer for about 30 minutes or until slightly thickened. Set aside.
2. Meanwhile, in large bowl combine ground pork, onion and garlic. Add pepper, cheese and parsley and stir until well distributed. Place 1 tbsp (15 mL) of the pork mixture onto won ton wrapper. Brush edges with water and top with another won ton wrapper. Push down around pork filling to seal and place on parchment paper lined baking sheet. Repeat with remaining pork mixture and wrappers to make about 28 ravioli. (**Make ahead:** Ravioli can be frozen at this point in single layer. Once frozen, remove from baking sheet and store in airtight container or resealable bag for up to 2 months.)
3. In large pot of water, boil ravioli in batches for about 5 minutes or until they float to the top and pork is no longer pink inside. Using slotted spoon, scoop out onto platter and ladle sauce over top. Toss gently to serve.

\*Makes 8 servings of about 3 ravioli and 1/3 cup (75 mL) of sauce.

**Per serving:** 310 calories; 18 g protein; 10 g fat; 36 g carbohydrate; 1 g fibre; 590 mg sodium

# *Bacon and Potato Frittata*



The glycemic index (GI) is a measurement of how much blood glucose levels increase when a certain food is consumed. Foods with a low GI raise blood glucose levels less than foods with a high GI.

# Bacon and Potato Frittata

An easy weeknight meal, delicious served with grilled vegetables or coleslaw. Look for sliced peameal bacon to make this dinner come together quickly.

8 oz (250 g) mini red potatoes, quartered	1 small zucchini, diced
1 cup (250 mL) sodium-reduced chicken broth	1/2 cup (125 mL) chopped roasted red peppers
2 tsp (10 mL) canola oil	2 tbsp (30 mL) chopped fresh oregano
3 slices Ontario peameal back bacon, diced (about 4 oz/125 g total)	1/4 tsp (1 mL) freshly ground black pepper
2 green onions, thinly sliced	4 eggs
	2 egg whites

1. In 8 inch (20 cm) ovenproof nonstick skillet, bring potatoes to boil with broth. Reduce heat, cover and cook for about 8 minutes or until potatoes are tender but firm. Remove potatoes and broth to bowl.
2. Return skillet to medium-high heat. Add oil. Cook bacon, onions and zucchini for about 5 minutes or until bacon is cooked through. Return potatoes and broth to skillet with red peppers, oregano and black pepper. Cook, stirring for 4 minutes.
3. Whisk together eggs and egg whites until well combined. Gently pour egg mixture into skillet all over potatoes, lifting mixture for eggs to reach bottom. Let cook for about 3 minutes or until edges are set. Place skillet in 400°F (200°C) preheated oven for about 12 minutes or until golden brown on top and knife inserted in centre comes out clean.

**Per serving:** 140 calories; 11 g protein; 6 g fat; 10 g carbohydrate; 1 g fibre; 310 mg sodium

**Tip:** To ovenproof your nonstick skillet if it has a wooden or plastic handle, simply wrap it well with foil before starting to cook with it.

**Preparation Time:**

15 minutes

**Cook Time:**

35 minutes

Makes 6 servings.

# *Won Ton Soup with Pork Dumplings*



One method of controlling blood sugar level is using the glycemic index (GI). Pair a medium or high GI content food with a low GI food product. For more information about the GI, go to [www.diabetes.ca](http://www.diabetes.ca)

# Won Ton Soup with Pork Dumplings

**A colourful and fresh-tasting soup. With a hint of ginger and sesame in the dumplings this will be a family favourite. Serve it with a crisp Nappa cabbage salad dressed with a light sesame dressing for a delicious dinner meal.**

8 oz (250 g) lean Ontario ground pork	4 cups (1 L) sodium-reduced chicken broth
1 tbsp (15 mL) minced fresh ginger	2 cups (500 mL) water
1 small clove garlic, minced	3 green onions, thinly sliced
1 tbsp (15 mL) sodium-reduced soy sauce	Half red bell pepper, diced
1 tsp (5 mL) sesame oil	4 oz (125 g) shiitake mushrooms, stemmed and thinly sliced
Half 400 g package won ton wrappers	

1. In bowl, combine pork, ginger, garlic, soy sauce and sesame oil until well distributed. Place 1 tsp (5 mL) of the pork mixture into centre of won ton wrapper. Brush edges with water. Gather corners, pinch and twist gently to seal. Place on parchment paper-lined baking sheet and repeat with remaining pork mixture and won ton wrappers to make about 14 dumplings.
2. In deep saucepan, bring broth, water, onions, red pepper and mushrooms to simmer. Gently place won tons into broth and simmer for about 5 minutes or until they float and pork is no longer pink. Ladle into bowls to serve.

Makes 6 servings with about 2 dumplings and 1 cup (250 mL) of broth.

**Per serving:** 220 calories; 14 g protein; 7 g fat; 24 g carbohydrate; 1 g fibre; 400 mg sodium

**Tip:** To spice up this broth, add a pinch of hot pepper flakes or 1/4 tsp (1 mL) Asian hot chili sauce and simmer with the won tons.

## **Preparation Time:**

25 minutes

## **Cook Time:**

10 minutes

Makes 6 servings.



# *Pork and Bean Burritos*



Pork contains protein which helps to lower blood sugar levels. Protein also makes you feel more satisfied, so you won't eat as much.

## Pork and Bean Burritos

### Preparation Time:

15 minutes

### Cook Time:

25 minutes

Makes 6 servings.

**Make the burritos ahead of time and have them ready to take for dinner on the run to the next after school game. Fresh cilantro and a hint of chili make these sing with flavour.**

1 lb (500 g) lean Ontario ground pork	1 cup (250 mL) sodium-reduced chicken broth
1 tsp (5 mL) canola oil	1 red bell pepper, chopped
1 onion, chopped	1 jalapeno pepper, seeded and minced
3 cloves garlic, minced	3 tbsp (45 mL) chopped fresh cilantro
4 tsp (20 mL) chili powder	6 large whole grain flour tortillas (each 47 g)
2 tbsp (30 mL) tomato paste	1/3 cup (75 mL) shredded light Cheddar-style cheese (optional)
1 can (19 oz/540 mL) no salt-added beans, drained and rinsed	

1. In large nonstick skillet, cook pork over medium-high heat for about 8 minutes or until no longer pink. Scrape meat into colander to drain. Set aside.
2. Return skillet to medium heat. Add oil. Add onion, garlic and chili powder. Cook for 2 minutes. Add cooked pork and tomato paste and cook, stirring for 2 minutes. Add beans, broth, red pepper, jalapeno and cilantro. Cook, stirring for about 8 minutes or until liquid is absorbed.
3. Divide mixture among centre of each tortilla and sprinkle with cheese, if using. Fold ends in and roll up.
4. Toast burritos in nonstick skillet over medium heat, turning once for about 4 minutes or until golden on both sides.

**Per serving:** 400 calories; 25 g protein; 16 g fat; 40 g carbohydrate; 7 g fibre; 280 mg sodium

**Tip:** Use your favourite bean variety such as black, white or kidney beans.

# *Pork Vindaloo*



To add more flavour to your meals without adding salt or sugar, try fresh and dried herbs, garlic, onions, vinegar, hot peppers, lemon juice, and extracts such as vanilla and almond.

## Pork Vindaloo

Traditionally served up hot and fiery, this vindaloo is fit for a family dinner. With the traditional ingredients of garlic and vinegar, the spice flavour is a mixture that creates a golden yellow hue filled with delicious Goan inspiration. For a milder version, reduce the cayenne to 1/4 tsp (1 mL) or just a pinch for starters.

1 boneless Ontario pork loin, about 2 lbs/1 kg	2 onions, chopped
2 tbsp (30 mL) all-purpose flour	2 cups (500 mL) sodium-reduced chicken broth
1 tbsp (15 mL) each ground coriander and cumin	5 cloves garlic, minced
2 tsp (10 mL) ground turmeric	2 tbsp (30 mL) minced fresh ginger
1/2 tsp (2 mL) ground cinnamon	1/4 cup (60 mL) white vinegar
1 tbsp (15 mL) canola oil	1/2 tsp (2 mL) cayenne pepper

1. Trim visible fat from pork loin. Cut into 1 inch (2.5 cm) pieces and place in bowl. Add flour, coriander, cumin, turmeric and cinnamon and toss to coat well.
2. In large shallow saucepan, heat oil over medium-high heat, reserving flour mixture. Brown pork in batches and remove to plate. Reduce heat to medium and add onions.
3. Add 1/2 cup (125 mL) of the broth and cook, stirring for 3 minutes or until onions are starting to soften. Add garlic, ginger and remaining flour mixture. Cook for 2 minutes. Stir in vinegar.
4. Return pork to the saucepan and stir to combine. Add remaining broth and cayenne. Bring to boil. Simmer for about 15 minutes or until pork is tender.

**Per serving:** 280 calories; 32 g protein; 13 g fat; 8 g carbohydrate; 2 g fibre; 120 mg sodium

**Variation:** Reduce chicken broth to 1 1/2 cups (375 mL). Place browned pork, cooked onions and remaining ingredients in slow cooker. Cook on Low for 6 to 8 hours or on High for 3 to 4 hours.

### Preparation Time:

20 minutes

### Cook Time:

25 minutes

Makes 6 servings.

# *Double Dinner Pulled Pork*



# *Nacho Casserole*

# Double Dinner Pulled Pork

This recipe is an easy way to plan ahead for the week. Make the pulled pork one night in your slow cooker and then enjoy the leftovers in a whole new way with a nacho casserole. Having pantry staples on hand will make this an easy dinner.

1 1/2 cups (375 mL) medium salsa	1/4 tsp (1 mL) freshly ground black pepper
Half small red onion, thinly sliced	1 boneless Ontario pork shoulder blade roast, about 2 lbs/1 kg
4 cloves garlic, halved	1/2 cup (125 mL) no salt-added chicken broth
2 tsp (10 mL) chili powder	6 small whole wheat buns (each 28 g), halved
1 tsp (5 mL) dried oregano	
1/2 tsp (2 mL) ground cumin	

1. Combine salsa, onion and garlic in slow cooker. Set aside.
2. In large bowl, combine chili powder, oregano, cumin and pepper. Add pork roast and turn to coat well. Heat large nonstick skillet over medium-high heat and brown pork roast on all sides. Place in slow cooker.
3. Pour broth into skillet and bring to a boil, scraping up brown bits. Add to slow cooker.
4. Cover and cook on Low for 8 to 10 hours or on High for 4 to 6 hours. Remove roast from slow cooker and using 2 forks, start shredding the meat.
5. Using a small spoon, remove any fat from the surface of the sauce. Return shredded meat to slow cooker and stir to combine. Reserve 2 cups (500 mL) for nacho casserole recipe. Serve on buns.

**Per serving:** 270 calories; 21 g protein; 12 g fat; 19 g carbohydrate; 2 g fibre; 370 mg sodium

**Preparation Time:**  
20 minutes

**Cook Time:**  
8 hours

Makes 6 servings.

## Nacho Casserole

**Nachos make a great appetizer, but why not change it up for some dinner and use pulled pork leftovers? This hearty casserole will be a new addition to your casserole recipes for dinner.**

1 tsp (5 mL) canola oil	1/2 cup (125 mL) 0% Greek yogurt
Half small red onion, chopped	3 cups (750 mL) coarsely crushed baked whole grain tortilla chips (120 g)
1 green bell pepper, chopped	1 large tomato, diced
1 jalapeno pepper, seeded and minced	
2 cups (500 mL) pulled pork (see recipe)	

1. In nonstick skillet, heat oil over medium heat. Cook onion, green pepper and jalapeno pepper, stirring for about 5 minutes or until softened. Add pulled pork and cook for about 10 minutes or until heated through. Remove from heat and stir in yogurt until combined.
2. Place some of the chips in an 8 inch (2 L) square baking dish. Spread with pork mixture and repeat layers once. (**Make ahead:** Can be covered and refrigerated for up to 4 hours. Bake in 375°F (190°C) oven for about 20 minutes or until heated through and crisp on top.) Sprinkle top with tomatoes before serving.

**Per serving:** 200 calories; 12 g protein; 8 g fat; 20 g carbohydrate; 2 g fibre; 310 mg sodium

**Tip:** Look for baked tortilla chips in your healthy foods section of the grocery store or bulk food store.

### Preparation Time:

15 minutes

### Cook Time:

15 minutes

Makes 6 servings.

*Eating a variety of foods, including pork, as outlined in  
Canada's Food Guide is good for you and your entire family.*



<http://mobilerecipe.ontariopork.com>



**ONTARIO PORK**

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