

# CHOOSING TO EAT WELL? PICK **LEAN PORK!**



You can feel good about choosing lean pork. It's a healthy choice that's protein-packed and naturally nutrient-rich, with less fat than you may think. And — surprise — nutritionally, it's similar to chicken.

## Why Pick Lean Pork?

- ✓ Excellent source of protein. A 100-gram serving of roasted pork tenderloin gives you 28 grams of high-quality protein to help you stay satisfied. That's about the same as a roasted skinless chicken breast.
- ✓ Lean. All trimmed pork cuts are lean (except ribs) and lower in fat than you may think. Lean pork tenderloin and chicken breast have almost equal amounts of fat!
- ✓ Similar calories to a chicken breast. Lean pork trimmed of fat has about the same calories as a skinless chicken breast — an ideal choice for any balanced meal.

## Let's Compare

Protein Choice	Protein (g)	Calories	Saturated Fat (g)	Total Fat (g)
Pork tenderloin (roasted)	28	140	1.0	2.5
Chicken breast (roasted)	32	170	1.0	3.5
Pork loin centre chop (roasted)	29	190	2.5	8.0
Chicken thigh (roasted)	25	180	2.5	8.0

Source: Health Canada. 2015. Canadian Nutrient File. Nutrient values are rounded per Canadian nutrition labelling law

**Budget-Friendly Bonus!**

Pork is your affordable high-quality protein choice. Pork serves up fabulous flavour and big nutritional value without stretching your grocery bill.

**Cooking Tip:** Trim visible fat, then roast, grill, or broil your pork to keep meals lean & delicious.

**Go ahead. Take a bite. Taste the goodness of pork!**

**PICK  
PORK**



**Let's Cook!**

## SMASH PORK TACOS WITH MANGO SALSA & LIME CREMA

Want a fresh take on taco night? Try these smash tacos with savoury lean pork, sweet mango salsa, and tangy lime crema – a flavour bomb in every bite!

**Prep:** 20 min **Cook:** 15 min **Serves:** 3-4

### Ingredients

- 1 lb (454 g) lean ground pork
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) each garlic powder and ground cumin
- 1/2 tsp (2 mL) salt
- 8 small flour tortillas (about 5 inch/13 cm in diameter)
- 2 cups (500 mL) bagged cabbage slaw

### Mango Salsa:

- 1 mango, diced
- 1/4 cup (60 mL) diced sweet red pepper
- 2 tbsp (30 mL) minced red onion
- 1 tbsp (15 mL) lime juice

### Lime Crema:

- 1/2 cup (125 mL) mayonnaise
- Zest of 1 lime
- 3 tbsp (45 mL) lime juice

### Directions

**Mango Salsa:** Stir together mango, pepper, onion, and lime juice in a bowl; set aside.

**Lime Crema:** Whisk together mayonnaise, lime zest, and lime juice in a small bowl; set aside.

1. Mix pork with chili powder, garlic powder, cumin, and salt in a bowl. Divide pork mixture into 8 equal portions. Spread each portion on a tortilla all the way to the edge.
2. Heat a flat-top griddle or cast-iron pan over medium high heat. Cooking in batches as needed, place tortillas, pork side down, into hot pan. Cook, pressing down firmly with a spatula, for about 90 seconds, or until dark crispy edges form. Flip and cook for about 15 seconds until tortilla is lightly browned.
3. Top each taco with cabbage slaw, mango salsa, and lime crema to serve.

**Try This!**

Place cooked smash tacos, meat-side-up, on a large parchment paper-lined baking sheet and place in a 200°F (95°C) oven to keep warm while cooking remaining batches.

**Nutrients per serving** (2 smash tacos with garnishes or 1/4 recipe): 720 calories, 29 g protein, 44 g fat, 51 g carbohydrates, 5 g fibre, 10 g sugars, 860 mg sodium.