



Plan to enjoy your dinner

As the cool weather sets in and leaves begin to change, so do many of our routines and day-to-day activities. Dinner time is often affected by the seasonal change as weeknights become rushed with extra-curricular activities. Creating meals that are quick and healthy can be a challenge, but preparing your kitchen, refrigerator and yourself for a busy schedule will help for a smooth adjustment to the fall routine.

Preparing for busy weeknight schedules can help reduce stress, maintain healthy food choices and save money by reducing the tendency to pick up take-out meals. Including lean meat in a healthy eating plan is a tasty and easy way to get a compact source of good nutrition, an important consideration for all family members. “Pork is simple and easy to prepare,” says Kimberly Green, registered dietitian with Pork Marketing Canada. “An excellent protein source, pork contains many nutrients recommended by Health Canada to build and maintain a healthy body, including six essential vitamins, four important minerals and energy.”

Planning menus, preparing foods and even cooking meals ahead of time can help families enjoy healthy, home-made meals every day of the week. A well-planned approach to eating can also simplify grocery shopping. Look for nutritious foods that are easy to prepare and, when possible, grown in Canada. Labels like the new Canadian Pork sticker, for example, make it easy for consumers to identify locally grown food.

Quick and easy meal ideas

When planning your menu, select dishes that are quick to prepare and cook such as autumn pepper pork medallions. To save additional time, chop or slice vegetables and combine seasonings the night before. For a quick dessert, sprinkle apples with brown sugar and cinnamon and place in a baking dish to bake in the oven while you prepare and enjoy your dinner.

Try these additional time-saving tips to create quick and healthy meals:

- Purchase pork in bulk; cut into chops or cubes and freeze in sealable freezer bags with salad dressing marinade.
- Prepare extra pork roast on weekends and thinly slice leftovers for sandwiches.
- Cook ground pork ahead of time and place in fridge or freezer, ready to pull out to add to shepherd’s pie, chili or tacos.

For more quick pork recipes visit www.putporkonyourfork.com.

Autumn pepper pork medallions (recipe continued on page 2)

Autumn pepper pork medallions – continued -



Yield: 6
Cooking Time: 15 min
Preparation Time: 10 min

Ingredients

1-1/2 lbs (750 g) Canadian pork loin chops or pork loin steak, boneless, thinly sliced
1/2 cup (125 mL) flour
1 cup (250 mL) sun-dried tomatoes
2 Tbsp (25 mL) olive oil
24 small mushrooms, sliced
6 shallots
1- 1/2 cups (375 mL) chicken stock
3/4 cup (175 mL) cooking sherry
1/4 cup (50 mL) Worcestershire sauce
2 Tbsp (25 mL) chopped fresh parsley
1/4 tsp (1 mL) each dried oregano, basil, thyme
1/4 tsp (1 mL) each dried dill, rosemary, salt, pepper
1/2 each sweet red, green and yellow pepper, sliced thinly

Cooking instructions

Flatten pork slices with your hand; lightly flour.

Blanch tomatoes in boiling water for 2 minutes; drain and cut into thin strips.

Over medium heat, saute pork in oil 1-1/2 minutes per side; remove from pan and keep warm.

In a large saucepan, over medium heat, saute mushrooms and shallots in 2 Tbsp (25 mL) oil 1 to 2 minutes. Stir in stock, sherry, tomatoes, Worcestershire sauce, parsley and seasonings. Add pork and simmer 5 to 10 minutes. Meanwhile, saute peppers in 2 Tbsp (25 mL) oil and use to garnish pork.

Serve with pasta or rice.

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