



Eat up, Canada!

Now is the time to take advantage of the unique assortment of fresh fruit and vegetables grown in Canada. The growing season may be short, but Canadian consumers are never limited when it comes to abundance and quality at this time of year. Orchards and fields across the country boast some of the juiciest fruits and vitamin-packed vegetables. By taking advantage of what's in season, you can keep your meals creative and exciting.

A seasonal approach to eating offers not only variety, flavour and nutrients, but a fantastic accompaniment to Canadian-grown meats that are available year round. "Including lean meat in a healthy eating plan is a tasty and easy way to get a compact source of good nutrition," says Kimberly Green, registered dietitian with Pork Marketing Canada.

Whether selecting the perfect cut of meat or fresh produce, more and more Canadians want to know where their food is produced. Local fruits and vegetables are often identified and easy to find, and now, a new label is making it easier for Canadians to choose Canadian pork. Participating grocery stores are marking homegrown, fresh pork with a "Canadian Pork" sticker.

In-season meal ideas

Complement seasonal fruits and vegetables with fresh pork by creating a grilled pork, nectarine and cucumber stuffed pita. Enjoy a side of field tomatoes – simply slice, sprinkle with salt, pepper, olive oil, balsamic vinegar, and garnish with basil. For a quick dessert, top fresh peaches with a scoop of vanilla frozen yogurt, a dash of cinnamon and handful of granola cereal for some crunch. For more seasonal pork recipes visit www.putporkonyourfork.com.

Grilled pork, nectarine and cucumber stuffed pita



Yield: serves 4
Cooking time: 16 min

(Recipe page 2)

Grilled pork, nectarine and cucumber stuffed pita – continued -

Ingredients

1 lb (500 g) fresh, Canadian pork loin chops or pork sirloin steaks, boneless
1 clove garlic, minced
1/4 tsp (1 mL) minced gingerroot
1 tbsp (15 mL) brown sugar
1/2 tsp (2 mL) ground black pepper, divided
2 tbsp (25 mL) lemon juice
1 tbsp (15 mL) EACH olive oil and water
1 cucumber, thinly sliced
3 green onions, chopped
1/2 cup (125 mL) low fat yogurt
1/4 tsp (1 mL) salt
8 leaves lettuce
2 large nectarines, sliced
4 pita breads, cut in half crosswise

Cooking instructions

Place pork in a plastic bag, non-metal bowl or sealable container. Combine garlic, gingerroot, brown sugar, 1/4 tsp (1 mL) pepper, lemon juice, olive oil and water. Pour marinade over pork; seal or cover and refrigerate for 2 hours or overnight, turning meat occasionally.

Meanwhile combine cucumber, green onions, yogurt, salt and remaining 1/4 tsp (1 mL) pepper to make a salad.

Preheat barbecue on high, reduce temperature to medium. Discard marinade. Place pork chops or steaks on a greased grill. Close barbecue cover and grill 8 to 10 minutes per side. Remove from barbecue; slice thinly and keep warm. Tuck a lettuce leaf, slices of warm pork, and nectarine slices into each pita bread half; top with the cucumber salad mixture.

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