

DECEMBER 2014 RECIPE OF THE MONTH

Slow Cooker Pineapple Pork Roast

Portions: 6

Ingredients

- 1 Pork Roast (about 3 lbs)
- ¼ tsp ground pepper
- ½ tsp crushed red chilies (use only if you like spicy!)
- 1 can crushed pineapple (8 oz)
- 2 tbsp sugar or Splenda
- ½ tbsp low-sodium soy sauce
- 2 cloves garlic, minced
- 1 tsp dried or fresh chopped basil
- 2 tbsp cornstarch
- ¼ cup cold water
- 1 green or red pepper chopped

Preparation

1. Cut trimmed roast in half if necessary, and place in crock pot. Sprinkle with ground pepper.
2. In a bowl, combine sugar/Splenda, soy sauce, garlic, basil, pineapple and red chilies (optional), and pour over roast. Cover and cook on low for 8-10 hours or high 4-6 hours.
3. Remove roast and check internal temp with a meat thermometer (170 °F).
4. Drain pineapple and reserve the cooking liquid. Return meat and pineapple to cooker.
5. Add enough water to slow cooker liquid to make 1 and ¾ cups. Pour into a saucepan on the stove.
6. Blend cornstarch and cold water together into a smooth paste, stir this into the liquid.
7. Add chopped green or red pepper.
8. Cook on stove, and stir until thickened. Pour over roast and serve.

Serving suggestions: serve with rice or noodles, and a tossed salad

Renal and diabetic food choices: 4 protein, 1 fruit. **Approximate Nutrients per serving:** 329 calories, 29g protein, 17g carbohydrate, 83mg sodium, 476mg potassium, 247 mg phosphorus

Adapted from: www.Kidneycommunitykitchen.ca