

PREPARATION: 20 MINUTES | MARINATE OVERNIGHT | COOKING: 3 1/2 - 6 HOURS | SERVINGS: 8

GINGER AND APPLE SLOW COOKED PORK

INGREDIENTS

- | | |
|-------------------------------------|---|
| <u>1 pork loin roast (1.5 lb)</u> | <u>3/4 cup carrots, sliced</u> |
| <u>1 tablespoon ginger powder</u> | <u>2 bay leaves</u> |
| <u>1/2 tablespoon garlic powder</u> | <u>1/2 cup white wine</u> |
| <u>1/2 tablespoon paprika</u> | <u>1/2 cup apple juice concentrate</u> |
| <u>1 cup celery, chopped</u> | <u>1/4 cup cider vinegar</u> |
| <u>2 cups yellow onion, sliced</u> | <u>2 medium apples, peeled and sliced into thick wedges</u> |

PREPARATION

- 1 Rub pork with ginger, garlic and paprika and place in a slow cooker or oven-proof dish.
- 2 Place the vegetables and bay leaves around the pork.
- 3 Whisk wine, apple juice and vinegar together and drizzle over pork.
- 4 Cover and let marinate overnight in refrigerator.
- 5 Prepare apples and add them to the pot.
- 6 If using a conventional oven, cover the roast and bake at 300°F for 3 1/2 hours.
- 7 If using a slow cooker*, choose high heat and cook for 6 hours.

* Cooking times may vary depending on the make of the slow cooker.

SUGGESTIONS

- ✓ Sprinkle with parsley and serve with white rice. Enjoy leftovers which make great cold cuts for sandwiches and salads!



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Nutrient Analysis	
PER SERVING	
1/2 of recipe	
Renal/Diabetic exchanges:	
3 Meat + 1 Higher-Potassium Vegetable	
Calories	193Kcal
Protein	19g
Total Carbohydrate	15g
Fiber	2g
Sugars	10g
Fat	5g
Saturated	2g
Cholesterol	50mg
Sodium	68mg
Potassium	560mg
Phosphorus	210mg
Calcium	41mg
Iron	1mg
Magnesium	33mg
Vitamin C	6mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types	
✓ CKD Non-Dialysis	✓ Dialysis/Diabetes
✓ Dialysis	✓ Transplant

POTASSIUM CHECK ✓

Kidney-friendly seasonings: ginger and garlic

Many people with kidney disease may have to limit the amount of salt, potassium and phosphorus in their diet. This may cause you to feel sticking to a kidney-friendly diet will be hard, but there are a couple key tips for adding flavor to your dishes.

First, allow your taste buds time to adjust to your dietary changes. Within a few week of following a low-sodium diet, you will become more sensitive to the taste of salt and foods that you enjoyed previously may now taste too salty!

Second, experiment with a variety of salt-free and low-potassium spices such as ginger or garlic to create different combinations to keep meals flavorful.

Ginger is typically purchased as a root or in powdered form and is safe to use as a low-potassium seasoning in your kidney diet. Try using ginger in a stir-fry, desserts, beverages, and on main entrée meats such as pork or fish.

Garlic, fresh in cloves or dried in a powdered form, can add delicious flavor to a variety of kidney-friendly dishes. Soups or stews, sauces, side dishes and main entrée recipes can all use garlic to add plenty of flavor without the need of an additional salt seasoning.

1. Mayo Clinic: Tips for cutting back on sodium. Available at: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/sodium/art-20045479?pg=2>. Accessed June 14, 2017.

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