

GRILLED PORK TENDERLOIN

¼ c. fresh marjoram, finely chopped, or 1 Tbsp. dried
¼ c. cilantro, finely chopped
¼ c. onion, minced
1 clove garlic, minced
1 tsp. freshly ground pepper

1 tsp. olive oil
Juice and grated zest of 1 lime
Juice and grated zest of 1 lemon
2 (10 oz.) pork tenderloins, fat trimmed

In a small bowl, combine everything but pork. Place tenderloins in a shallow glass baking dish. Pour marinade over them and turn meat to coat evenly. Refrigerate for 30 minutes. Remove meat from marinade and grill, 4 inches from source of heat, over medium hot coals for 10 to 12 minutes or broil until internal temperature reaches 140°F, turning once and basting occasionally with marinade. Slice and serve. Yield: 5 servings.

NUTRITIONAL INFORMATION

Serving Size3 oz.	Cholesterol 74mg	Carbohydrates..... 1g
Total Fat..... 4.5g	Fiber..... 0g	Protein 23g
Saturated Fat..... 4g	Calories.....149	Sodium 56mg

Above figures based on individual serving.

Diabetic Exchanges: 3 lean meat

PORK CHOPS WITH APRICOT RICE

1 (15 oz.) can unsweetened apricot halves (undrained)
6 pork chops (½ inch thick), trimmed of fat
1 Tbsp. light margarine
¼ c. celery, chopped
2½ c. uncooked instant rice

¾ c. hot water
¼ c. golden raisins
½ tsp. ground ginger
¼ tsp. salt
¼ tsp. white pepper
¼ c. slivered almonds

In blender, puree the apricots until smooth; set aside. In a nonstick skillet over medium heat, brown pork chops in margarine for 2 to 3 minutes on each side; remove and keep warm.

In the same skillet, saute celery until tender. Add rice, water, raisins, ginger, salt, pepper, and apricot puree; bring to a boil. Remove from the heat; stir in almonds. Pour into an ungreased 13x9x2 inch casserole. Place pork chops on top. Cover and bake at 350°F for 15 to 20 minutes, until the pork chops are no longer pink inside and the rice is tender. Yield: 6 servings.

NUTRITIONAL INFORMATION

Serving Size 1 pork chop + ½ c. rice	Cholesterol 49mg	Carbohydrates..... 61g
Total Fat..... 13.2g	Fiber..... 1.6g	Protein 21.5g
Saturated Fat..... 3.7g	Calories.....352	Sodium 154mg

Above figures based on individual serving.

Diabetic Exchanges: 3 medium fat meat, 1 starch, and 1 fruit

HONEY LAMB CHOPS

2 Tbsp. honey
2 Tbsp. fresh lemon juice
2 Tbsp. minced fresh rosemary
½ tsp. Dijon mustard
1 tsp. minced garlic

1 tsp. onion powder
½ tsp. dry mustard
6 (5 oz.) lamb chops, trimmed of fat
6 sprigs fresh mint

Combine all ingredients, except the lamb chops and mint, in a small bowl and microwave for 1 minute. Brush the mixture on the chops and boil or grill 8 minutes per side. Garnish with mint and serve. Yield: 6 servings.

NUTRITIONAL INFORMATION

Serving Size 1 chop	Cholesterol 55mg	Carbohydrates..... 5g
Total Fat..... 5.6g	Fiber..... 0g	Protein 17.4g
Saturated Fat..... 2g	Calories.....145	Sodium 49mg

Above figures based on individual serving.

Diabetic Exchanges: 2 lean meat and ½ starch

ROAST LEG OF LAMB STUDED WITH SWEET GARLIC

12 large cloves garlic
4 lb. boneless leg of lamb, trimmed of fat
¼ tsp. salt

Pepper to taste
1 c. fresh parsley, chopped coarsely
2 Tbsp. olive oil

Preheat the oven to 325°F. In small saucepan, boil the garlic until just tender, 20 to 25 minutes. Drain and chop coarsely. Lay the lamb out with side that had the fat placed down. Season with half the salt and pepper.

Spread the garlic and parsley out evenly over meat. Starting on the short side, roll the meat up. Using kitchen string, tie the meat at 2 inch intervals. You may need to tie the meat once the long way to secure the ends.

Season with remaining salt and pepper and rub with olive oil. Insert meat thermometer in center of roast. Roast in a roasting pan with a rack for 2 hours, until internal temperature reaches 160° for medium doneness. Let roast stand 15 minutes before carving. Cut off strings, slice, and serve. Yield: 8 to 10 servings.

NUTRITIONAL INFORMATION

Serving Size 4 oz.	Cholesterol 101mg	Carbohydrates..... 0g
Total Fat..... 9.8g	Fiber..... 0g	Protein 31.1g
Saturated Fat..... 3.1g	Calories.....218	Sodium 130mg

Above figures based on individual serving.

Diabetic Exchanges: 4 lean meat