

# PINEAPPLE PORK TACO SALAD

HIGH IN FLAVOR, LOW IN SODIUM

## INGREDIENTS

### PINEAPPLE SALASA

- 1 can pineapple tidbits in 100% juice, drained and roughly chopped
- 1/2 white onion, diced
- 1 jalapeño, seeded and diced (optional)
- 1/4 cup cilantro, chopped
- Juice of 1/2 lime

### PORK

- 1 lb ground pork
- 2 teaspoons chipotle chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 tablespoon tomato paste
- 1/2 cup water

### SALAD

- 1 bag (5 ounces) romaine salad mix
- 5 radishes, thinly sliced
- 1 avocado, diced

## INSTRUCTIONS

1. In a medium bowl, mix all salsa ingredients and set aside
2. Brown the pork over medium heat, drain, and return to the pan
3. Add chili powder, cumin, garlic powder, onion powder, and tomato paste then stir well to coat evenly
4. Add water, bring to a boil then reduce heat and simmer uncovered for 5-10 minutes until most of the water has evaporated
5. In a large bowl, mix all salad ingredients
6. Serve warm pork over salad, topped with a generous scoop of pineapple salsa and additional cilantro for garnish

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4 SERVINGS



30 MIN



# PINEAPPLE PORK TACO SALAD NUTRITION FACTS

## CHECK THE LABEL

### HOW CAN CONSUMING THIS MEAL HELP MANAGE YOUR HIGH BLOOD PRESSURE?

With high blood pressure, you should try to limit sodium to no more than 2,000mg per day. Since many foods naturally contain sodium, an easy way to avoid excess salt is to season your food with herbs and spices. This recipe uses both fresh and dried herbs, so it's full of flavor with only 170mg of sodium. Pork is also naturally high in potassium which has been shown to help decrease blood pressure.

### BLOOD PRESSURE AND WEIGHT LOSS

For many people, losing weight can help to manage high blood pressure. This recipe has only 300 calories, making it perfect for anyone trying to drop a few pounds. Thanks to lean ground pork it has 26g of protein, and the fresh fruits and vegetables provide 6g of fiber which can help lower blood cholesterol.

Nutrition Facts	
servings per container	
Serving size	(390g)
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 170mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 3mg	15%
Potassium 933mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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# COST BREAKDOWN

## PINEAPPLE PORK TACO SALAD

SHOPPING LIST	COST	COST PER SERVING
• 20 oz can pineapple tidbits in juice	\$1.58	\$0.40
• 1 white onion	\$0.86	\$0.22
• 1 jalapeno	\$0.35	\$0.09
• 1 bunch cilantro	\$0.88	\$0.22
• 1 lime	\$0.38	\$0.10
• 1 lb ground pork	\$2.27	\$0.57
• Chipotle chili powder	\$1.00	\$0.61
• Ground cumin	\$1.00	\$0.25
• Garlic powder	\$1.00	\$0.25
• Onion powder	\$1.00	\$0.25
• 6 oz can tomato paste	\$0.74	\$0.19
• Romaine lettuce mix	\$2.25	\$0.56
• 1 bunch radishes	\$1.15	\$0.29
• 1 avocado	\$0.74	\$0.19
<b>TOTAL</b>	<b>\$15.20*</b>	<b>\$3.80</b>

\*Based on 4 servings. Prices obtained from Walmart.com

Even if you don't need 4 servings, go ahead and prepare the full recipe. Leftover pork and salsa can be stored in separate air-tight containers and will keep in the fridge for 3-4 days. Try serving on whole wheat tortillas for an additional low cost meal.

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