

PULLED PORK TACOS

INGREDIENTS

¾ lb pork tenderloin

2 tablespoons lime juice

*¾ cup **no salt added** chicken stock*

*1 chipotle pepper in adobo sauce, chopped**

1 teaspoon cumin

1 teaspoon paprika

1 teaspoon chili powder

1 teaspoon garlic powder

Charred Corn Salsa

¾ cup frozen corn

½ cup green onion, chopped

½ cup red pepper, diced

½ cup cilantro, washed and chopped

*1 chipotle pepper in adobo sauce, chopped**

8 white flour tortillas (6 inches diameter)

½ cup cilantro, washed and chopped

* scrape out the seeds and discard if you want a milder salsa

PREPARATION

- 1 Place the pork tenderloin in the base of your slow cooker. Mix together the lime juice, chicken stock and spices. Pour the spice mixture over the pork tenderloin. Close the lid on the slow cooker and cook on low for 8 hours.
- 2 For the salsa, heat a skillet on high. Once the pan becomes extremely hot, add the frozen corn and sauté until the corn takes on a charred appearance.
- 3 Transfer the charred corn to a mixing bowl. Add the onion, red pepper, cilantro and chipotle pepper and mix. Refrigerate until ready to use.
- 4 Once the pork has cooked, it can easily be pulled apart. Turn off the heat and add the cilantro.
- 5 Fold tortillas in half and fill them with pulled pork and corn salsa.



PULLED PORK TACOS



Nutrient Analysis

PER SERVING	
2 Tacos	
Renal/Diabetic exchanges:	
3 Meat + 2 Starch + 1 Higher-Potassium Vegetable	
Calories	327Kcal
Protein	25g
Total Carbohydrate	40g
Fiber	4g
Sugars	6g
Fat	8g
Saturated	2g
Cholesterol	55mg
Sodium	572mg
Potassium	639mg
Phosphorus	368mg
Calcium	109mg
Iron	6mg
Magnesium	48mg
Vitamin C	28mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Drain excess liquid from pork. 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 ✓

Role of pork as a protein choice in kidney diet

Your body needs different amino acids from protein to use as building blocks for your skin, blood, muscles, and bones. The amount you need depends on your height, weight and stage of kidney disease.

Protein can come from non-animal sources, such as beans or nuts, or animal sources, such as meat and dairy. Pork is a good source of protein and is rich in thiamin, riboflavin, niacin, vitamin B6 and zinc. When choosing pork, consider the following questions before including it as part of your meal.

What is the correct portion size? Work with a dietitian to understand the amount of protein you should be eating per meal. A three-ounce portion of pork is about the size of a deck of cards.

What type of pork should I select? Avoid packaged and heavily processed pork selections such as ham, sausage and bacon. They contain food additives which are high in potassium and phosphorus. Instead, choose lean cuts of pork without added seasoning.

Are there any hidden ingredients? Read labels to identify any undesired additives. Avoid products with salt-containing seasoning and products preserved in a salt solution.

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