Eating for Healthy Bones

• Eat at least 3 servings of foods high in calcium every day.
• Calcium works with Vitamin D to keep your bones strong.
• Take a daily Vitamin D supplement of 400 IU if you are over 50.
Salmon Burgers

Serves: 4

7 1/2 oz canned salmon, drained and flaked 225 g
3/4 cup low sodium bread crumbs 175 mL
1/4 cup celery, finely chopped 60 mL
1 tbsp onion, finely chopped 15 mL
2 tbsp milk 30 mL
1 egg 1
1 tbsp lemon juice 15 mL
1 tbsp parsley or dill, minced 15 mL
1/4 tsp salt 1 mL
dash pepper or paprika dash
4 whole wheat hamburger buns, split 4

Instructions:

• Combine all ingredients except buns and topping in bowl. Mix well.
• Divide mixture into 4 equal portions. Shape each portion into a patty.
• Cook in non-stick skillet over medium heat until patties are nicely browned and firm to the touch, about 5 minutes per side.
• Serve in buns, garnished to taste.

Toppings: choose from lettuce, sliced tomatoes and cucumbers, mayonnaise, etc.

Nutrition Information:

Per serving: 270 calories, 6 g fat, 1.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 490 mg sodium, 35 g carbohydrate, 4 g fibre, 5 g sugars, 20 g protein, 15% DV vitamin A, 3% DV vitamin C, 20% DV calcium, 170% DV vitamin D.

Permission to reproduce this recipe was given by Pam Collacott, Trillium Cooking School 2010.