



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.