

FOOD & DRINK

It's easy to get enough calcium throughout the day

Calcium is an important mineral that helps muscles to contract, keeps blood levels at a constant concentration, maintains normal blood pressure and helps prevent clotting. While milk is the most absorbable form, you can get enough calcium by eating foods high in this important mineral.

Barley-and-black bean salad

Serves: Nine
(Serving size: one cup salad, two avocado slices and two tomato wedges.)

- 3 cups cooked pearl barley
- 2 cups drained canned black beans
- 1 1/2 cups frozen whole-kernel corn, thawed
- 1 1/2 cups diced tomato
- 1 cup frozen green peas, thawed
- 1 cup peeled chopped ripe avocado
- 1/4 cup chopped fresh cilantro
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 cup water
- 2 tbsp fresh lemon juice
- 1 tbsp grated fresh onion
- 1 tbsp vegetable oil
- 2 garlic cloves, minced
- romaine lettuce leaves
- 18 (1/4-inch thick) slices peeled ripe avocado
- 18 (1/4-inch thick) wedges tomato
- 9 lemon wedges



PHOTO/WEIGHT WATCHERS

☐ Garnish with avocado, tomato and lemon wedges. Serve salad at room temperature.

- This recipe submitted by Weight Watchers Magazine

Nutritional information

Per serving

Calories: 244
Protein: 8.7g
Fat: .1g
Carbohydrates: 40.3g
Fibre: 8.2g
Calcium: 37 mg

☐ Combine first nine ingredients in a large bowl and toss gently.

☐ Combine water and next four ingredients in a small bowl; stir with a whisk until well blended.

☐ Pour over barley mixture and toss gently. Spoon onto lettuce-lined plates using slotted spoon.

Hearty soybean burgers

Makes 10 burgers

- 3 cups cooked soybeans or two cans (each 14oz, 398ml) rinsed and drained
- 2 large potatoes, peeled and quartered
- 1-1/2 tbsp olive oil
- 2 small onions, finely chopped
- 3 carrots, grated
- 1 stalk celery, finely chopped
- 8oz extra firm tofu, crumbled
- 1/2 cup bread crumbs
- 1/3 cup ground almonds
- 3 tsp prepared mustard
- 2 tsp salt
- 2 tsp dried basil
- 1 1/2 dried oregano
- 1 tsp garlic salt
- 1/2 tsp dried thyme



PHOTO/CALCIYUM!

☐ Preheat oven to 350°F (180°C).

☐ In a large bowl, mash cooked soybeans.

☐ In a large pot of boiling water, cook potatoes until soft; drain, mash and add beans. Mix well.

☐ In a non-stick skillet, heat oil over medium heat. Add onions, carrots and celery; sauté until soft.

☐ Add to bean-potato mixture along with tofu, bread crumbs, ground almonds, mustard, salt, basil, oregano, garlic salt and thyme; mix well.

☐ Wash your hands. Form burgers and place on baking sheet. Bake for 20 minutes; turn over, then bake another 20 minutes.

- Recipe courtesy CalciYum!

Nutritional Information

Per burger

Calcium: 142 mg
Calories: 218
Protein: 14 g
Fat: 9 g
Saturated fat: 1.2 g
Carbohydrates: 22g
Fibre: 5 g
Iron: 3mg
Sodium: 659 mg

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"Mario's Recipe"

Rainbow Trout Fillet with Rosemary
Makes 4 servings
4 rainbow trout fillets
1.1tbsp olive oil
1.1tbsp chopped fresh rosemary or 1/2 tsp dried rosemary
1/2 tsp pepper & 1/2 tsp salt
1/2 lemon squeezed

- Rinse fish and pat dry
- Brush fish with olive oil & lemon
- Sprinkle with rosemary and pepper
- Marinate in fridge for 1-3 hours
- Just before cooking sprinkle salt on fish, preheat BBQ or broiler and grill fish 6 mins. skin side down & 4 mins. skin side up.

Buon Appetito!