Broccoli Salmon Delight

A satisfying meal of broccoli and salmon smothered in a cheesy sauce.

Ingredients:
2 bunches broccoli, broken into florettes
1 Tbsp lemon juice
2 Tbsp light margarine or light vegetable spread
1/4 cup flour
2 cup skim milk

1/2 cup grated reduced-fat parmesan cheese
1/2 tsp cayenne pepper
1 pinch nutmeg
1 tsp dry mustard
1/2 cup grated reduced-fat cheddar cheese
14 1/2 oz canned pink salmon, drained *

Directions:
1) Preheat oven to 400°F.
2) Partially cook broccoli. Drain liquid. Place in bottom of shallow greased casserole dish. Sprinkle with lemon juice.
3) In saucepan, melt margarine. Whisk in flour and cook briefly over low heat. Gradually add milk, stirring constantly until thickened. Add parmesan cheese, cayenne, nutmeg and mustard. Cook 1 minute. Add drained salmon.
4) Pour over broccoli. Sprinkle with cheddar cheese.
5) Bake for 15 to 20 minutes.

Suggested serving: serve hot over rice or pasta.
Speedy "no-bake" variation: Pour the sauce directly on cooked noodles or rice, sprinkle with some cheese and serve the steamed broccoli on the side.

Serves: 4 (large portions)
Preparation Time: 15 mins
Cooking Time: 35 mins

From the family health network

Nutritional information: 390 calories, 15 g fat, 3.7 g saturated fat, 28 g Carbohydrates, 4 g fibre, 9 g sugar, 36.5 g protein, 74 mg cholesterol, 1064 mg sodium, 404 mg calcium (about 40% of daily intake)

* To lower sodium content, look for low sodium canned salmon.

Recommended Calcium Intake

- The average North American consumes only 600 mg of calcium a day.
- The recommended levels are 1300 mg/day for children aged 9-18, 1000 mg/day for adults aged 19-50, and 1200 mg/day for adults 50+.
**Why eat calcium containing foods?**

- Adequate Calcium intake can reduce the risk of developing osteoporosis (decreased bone density) and bone fractures.
- Women have a greater risk of developing osteoporosis than men because they have less bone to start with and will loose as much as 20% of their bone mass in the first 5-7 years following menopause.
- Calcium is essential for proper function of your heart, your muscles and your metabolism (to name just a few calcium dependant bodily functions!).

**Calcium Sources**

<table>
<thead>
<tr>
<th>Food</th>
<th>Calcium (mg)</th>
<th>Food</th>
<th>Calcium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium fortified milk skim or 1% (1 cup)</td>
<td>430</td>
<td>Collard greens (1/2 cup cooked)</td>
<td>110</td>
</tr>
<tr>
<td>Calcium rich orange juice (1 cup)</td>
<td>310</td>
<td>Cottage cheese, light (1/2 cup)</td>
<td>90</td>
</tr>
<tr>
<td>Milk skim or 1% (1 cup)</td>
<td>300</td>
<td>Bok choy (1/2 cup cooked)</td>
<td>80</td>
</tr>
<tr>
<td>Swiss cheese (30g)</td>
<td>280</td>
<td>Parmesan cheese (1 tbsp.)</td>
<td>70</td>
</tr>
<tr>
<td>Salmon canned with bones (213 g or ½ can)</td>
<td>240</td>
<td>Blackbeans, chickpeas, kidney beans, or pinto beans (1 cup cooked)</td>
<td>50-80</td>
</tr>
<tr>
<td>Yogurt fat-free or plain (175 g)</td>
<td>220-340</td>
<td>Whole-wheat bread (2 slices)</td>
<td>50</td>
</tr>
<tr>
<td>Cheddar cheese (30 g) 1 ounce</td>
<td>220</td>
<td>Kale (1/2 cup cooked)</td>
<td>50</td>
</tr>
<tr>
<td>Ricotta cheese, light (70 g)</td>
<td>180</td>
<td>Orange (1)</td>
<td>50</td>
</tr>
<tr>
<td>White beans, soybeans, or black-eyed peas (1 cup)</td>
<td>160-210</td>
<td>Broccoli (1/2 cup cooked)</td>
<td>40</td>
</tr>
<tr>
<td>Tofu made with calcium sulfate (90g)</td>
<td>130</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Information from Nutrition Action Jan/Feb 2002

**How to increase calcium in your diet**

1. Use nonfat or lowfat dairy products to increase calcium intake while minimizing fat intake.

2. Add nonfat dry milk powder to puddings, homemade cookies, breads or muffins, soups, gravy, casseroles and even a glass of milk. A single tablespoon of nonfat dry milk powder adds 52 mg of calcium, and 2-3 tablespoons can be added to most recipes.

2. Limit your sodium and caffeine intake because excess amounts can increase calcium excretion.

3. Consume calcium sources throughout the day instead of all at once since your body can best handle about 500 mg at one time. Try having one serving with every meal.