

Spotlight on...

Canned Salmon

Nutrition Information



♥ Salmon is high in Omega-3 Fatty Acids, which have been shown to lower the risk of heart disease, stroke, and depression. They also help healthy brain function and stronger bones.

♥ One can of salmon provides the same amount of calcium as a cup of whole milk.

Uses and Tips

- ♥ Add to your morning omelet for a high-protein, gourmet tasting breakfast.
- ♥ Flake over a green salad for an added health boost.
- ♥ Substitute salmon in your favorite meat loaf recipe for a new twist on a classic.
- ♥ Serve with rice and a green vegetable for a balanced, healthy meal.

Try this delicious recipe!

POTATO SALMON PATTIES

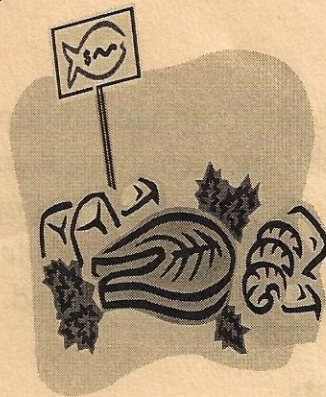
Makes 5 servings

Ingredients

- 1 can of salmon (14-16 ounces)
- 2 eggs, beaten
- 1/4 cup bread crumbs
- 1/4 cup dry potato flakes
- 1/4 teaspoon each of salt, pepper, garlic powder

Directions

1. Combine all ingredients in a bowl and mix well.
2. Form the mixture into 2 inch balls and flatten slightly.
3. Fry in a pan with a tablespoon of olive oil, until golden brown, about 5 minutes each side.
4. Serve over a salad, on toast, or with your favorite vegetable.



Nutrition Information for 1 serving of Potato Salmon Patties

Calories 252	Cholesterol 121 mg	Sugar 1.4 g	Vitamins A, C, B6
Total Fat 13.8 g	Sodium 509 mg	Protein 23.1 g	Calcium, Iron
Saturated Fat 2.7 g	Carbohydrate 8 g	Potassium 328 mg	Magnesium, Niacin
	Dietary Fiber .8 g		



Philabundance

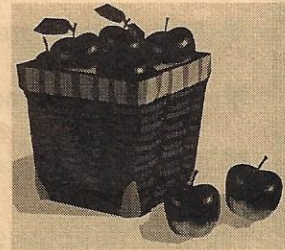
CSFP Newsletter



The Commodity Supplemental Food Program is a Federal Food Program that is designed to improve the health and nutrition of Senior Citizens by providing a balanced mix of healthy foods each month to add to their home pantries. We recognize that your food budget used to fill your home pantry is limited, so for the next several months we'll be highlighting some readily available healthy foods that won't break the bank!

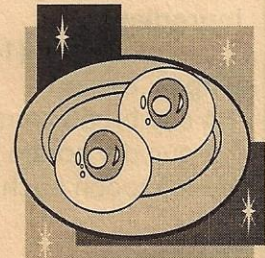
Apples

Crisp, juicy, and just the right size to hold in your hand, apples are the perfect portable snack. Eat them for the taste, but also know that you are getting Vitamin C and fiber! There are so many different varieties of apples and you can usually find at least one on sale, especially in the fall and winter months.



Eggs

Like beans, canned salmon, and low fat yogurt, eggs are a healthy and economical way for you to get the protein you need. Boil a few at the beginning of the week and then use them over the next couple of days as a quick breakfast or addition to your green salad.



Carrots

Good for your eyes and skin and not too hard on your wallet either, carrots can be added to almost anything! Just cut or grate a carrot and the possibilities are endless. Carrots will also last longer than many fresh vegetables so there is less chance of spoilage.



The Commodity Supplemental Food Program (CSFP) is an Equal Opportunity Provider. All qualified persons have an equal opportunity to participate in the program regardless of race, color, national origin, sex or handicap. Apply at our Foodbank Monday thru Fri 10-1 PM