

Sample Menu #5

Breakfast

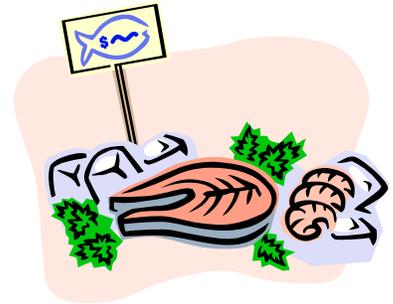
Peanut butter toast, made with 2 slices whole wheat bread and 2 tablespoons peanut butter
Banana, 1 small or ½ large
Milk, 1%, 1 cup

Snack

Frozen yogurt, low-fat, ½ cup
Whole grain, ready-to-eat, unsweetened cereal, fortified, such as Cheerios®, ¼ cup (sprinkle on frozen yogurt for crunch)

Lunch

Simple Salmon Cakes (recipe provided)
Peas, green, fresh or frozen, boiled, ½ cup
Grapes, red or green, 15 small
Milk, 1%, 1 cup



Snack

Carrots, thinly sliced to make “chips,” raw or steamed, ½ cup
Cottage cheese, low-fat, calcium-fortified, ¼ cup

Evening meal

Chicken breast tenders, skinless, grilled or baked with salt-free seasoning, 3 ounces
Kidney beans, canned, rinsed and drained, heated, ½ cup
Collard greens, steamed or boiled, ½ cup, with 1 teaspoon canola oil
Brown rice, cooked, ⅔ cup, with 2 teaspoons soft tub margarine

Snack

Granola bar, low-fat, 1 small
Orange juice, calcium- and vitamin D-fortified, ½ cup

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

Simple Salmon Cakes

Serves 4 (1 cake per serving)

Ingredients:

- 1 (6 ounce) can pink salmon in water (low-sodium preferred), drained
- ½ small red bell pepper and ½ small sweet onion, diced*
- ¼ cup egg substitute (or 2 egg whites)
- ⅓ cup plain bread crumbs
- ¼ teaspoon garlic powder (optional)
- 1 tablespoon canola oil

*Sweat onions and peppers for about 5 minutes in a pan sprayed with cooking spray before mixing with other ingredients for extra tenderness.

Directions:

1. In a medium bowl, mix together salmon, pepper, onion, egg substitute, bread crumbs, and garlic powder.
2. Form the mixture into medium-sized cakes, about the size of the palm of your hand (note: if the mixture does not hold together well enough, you may need to add more bread crumbs).
3. In a medium pan (preferably nonstick), add the oil and place over medium/medium-high heat.
4. Add the cakes to the pan and cook until golden brown on each side, about 3 to 5 minutes per side.
5. Remove from pan and serve warm.



Try this!

Use canned salmon in pasta salad or turn the salmon cakes into burgers instead of a traditional ground beef burger. You can also use tuna to make this recipe, if preferred.

Estimated Nutrition Facts per serving:

150 calories
7 g total fat
1 g saturated fat
9 g carbohydrate
12 g protein
1 g fiber

