

## Crunchy Fish Burgers

### Crunchy Coating

1 cup (250 ml) crushed cornflakes  
½ tsp (2 ml) garlic powder  
½ tsp (2 ml) dry mustard  
¼ tsp (1 ml) black pepper

### Burgers

1 egg  
1 tbsp (15 ml) water  
500 grams (4 pieces) fresh or thawed frozen fish fillets (such as sole or halibut), patted dry

**Preparation:** Preheat oven to 375°F. Grease baking sheet. Prepare crunchy coating by combining crumbs, garlic powder, mustard and pepper in a heavy plastic bag. In a shallow bowl, lightly beat together egg and water; set aside. Dip fish fillets in egg mixture and transfer, 1 piece at a time, to plastic bag; shake gently to coat. Place on baking sheet and bake for 10 to 15 minutes or until fish is opaque and flakes easily when tested with fork. Meanwhile, in a small bowl, blend together relish, mayonnaise & horseradish. To assemble, halve buns & spread with tartar sauce; add fish fillets & top with lettuce & tomato.

**Nutritional Analysis per serving:** *Calories 503, Protein 32 g, Carbohydrate 72 g, Fat 9 g*

**Recipe adapted from ActNow BC:** [www.actnowbc.ca](http://www.actnowbc.ca)

### Zippy Tartar Sauce

¼ cup (50 ml) sweet pickle  
or dill pickle relish  
2 tbsp (25 ml) light mayonnaise  
¼ tsp (1 ml) horseradish

4 six-inch (15 cm) submarine-type buns  
4 lettuce leaves  
2 medium tomatoes, sliced



## BC Strawberry Salad

2 bags mixed greens  
(enough for 6 servings)  
1 cup (250 ml) fresh strawberries, sliced  
1/2 cup (125 ml) pecan halves, toasted  
1/4 cup (60 ml) red onion, thinly sliced  
1/2 cup (125 ml) goat cheese

2 tbsp (30 ml) poppy seeds  
2 tbsp (30 ml) lime juice,  
freshly squeezed  
2 tbsp (30 ml) extra virgin olive oil  
1 tbsp (15 ml) honey

**Preparation:** Combine greens, strawberries, pecans and onions in large salad bowl and set aside. Cut goat cheese into small pieces, about the size of a dime. Roll into small balls and coat with poppy seeds. Add cheese to salad. In a small sealed container, shake lime juice together with olive oil and honey until mixed. Drizzle over salad and serve. Makes 6 servings.

### Nutritional Analysis per serving:

*Calories 208, Protein 6.5 g, Carbohydrate 10 g, Fat 16 g*



**Recipe courtesy of Overwaitea Foods:** [www.overwaitea.com](http://www.overwaitea.com)

## Tomato and Herb Sauce

2.7 kg tomatoes, washed & core removed  
(about 7 large field tomatoes)  
1 tsp (5 ml) olive oil  
1 cup (250 ml) red onion  
2 cloves of garlic, chopped  
1/4 cup (50 ml) chopped fresh parsley

1/4 cup (50 ml) chopped fresh basil  
1 tsp (5 ml) chopped fresh rosemary  
1 tsp (5 ml) chopped fresh thyme  
or oregano  
1/2 tsp (2 ml) black pepper  
1/2 tsp (2 ml) salt

**Preparation:** Bring a large pot of water to boil. Make an “X” in the bottom of each tomato. Place the tomatoes in the boiling water for 1-2 minutes. Remove and cool enough to touch. Remove the skin and seeds. Roughly chop. Set aside. Heat oil in a large stock pot over medium heat. Add the onions and cook for 5 minutes. Add the garlic and cook for 2 minutes. Add the tomatoes and cook for 30 minutes over medium-low heat. Occasionally mash with a potato masher to break up large chunks. Add the herbs, pepper and salt. Cook for 30 minutes on low heat. Serve immediately or freeze. Makes 8 servings.

### Nutritional Analysis per serving:

*Calories 78, Protein 3 g, Carbohydrate 16 g, Fat 2 g*

**Recipe from Heart and Stroke Foundation:** [www.heartandstroke.com](http://www.heartandstroke.com)



## Grilled Steak Salad with Sesame Vinaigrette

6 oz (180 g) strip loin steak  
½ tsp (2 ml) freshly ground pepper  
1 red pepper, cut in four and seeded  
4 green onions, trimmed  
4 cups (1 L) romaine lettuce,  
washed & cut into bite sized pieces  
16 snow peas, cut in half

### Dressing

2 tsp (10 ml) olive oil  
½ tsp (2 ml) sesame oil  
½ tsp (2 ml) sodium-reduced soy sauce  
2 tbsp (25 ml) rice vinegar  
1 tbsp (15 ml) orange juice

**Preparation:** Preheat the barbecue to medium-high. Sprinkle the steak with the pepper. Place the steak, red pepper and green onions on the grill. Grill the steak until desired doneness. Grill the red pepper for 4 to 5 minutes. Grill the onions for 1 to 2 minutes. Place 2 cups of lettuce and 8 snow peas in each of three bowls. Thinly slice the steak (discarding any fat) and the red pepper and divide among the three salads. In a small bowl, mix together the dressing ingredients. Drizzle over the salads. Top with green onions. Serves 3.

### Nutritional Analysis per serving:

*Calories 175, Protein 13 g, Carbohydrate 8 g, Fat 10 g*

**Recipe courtesy of Heart and Stroke Foundation:** [www.heartandstroke.com](http://www.heartandstroke.com)

