



Salmon-Bean Stuffed Pita Pockets

These scrumptious pita pockets provide 76 percent of the recommended dietary allowance (RDA) for vitamin C and half of our daily requirements for calcium. Incorporating these tasty sandwich alternatives into your meal plan will do your body good.

- 1 - 5 oz (140 g) can sockeye salmon, drained
- 1 cup (250 mL) plain yogurt
- 1 medium red pepper, chopped
- 2 small spring onions, finely sliced
- 1 large tomato, chopped
- 1 cup (250 mL) canned kidney beans, drained and rinsed
- 2 garlic cloves, roasted and diced finely
- 1 tsp (5 mL) ground cumin
- 4 small organic whole wheat pita breads
- 4 oz (112 g) soft goat cheese or feta, crumbled
- 1/2 cup (125 mL) alfalfa sprouts or pea shoots, for garnish

In large bowl, flake canned salmon with a fork. Add yogurt, chopped vegetables, beans, garlic, and cumin. (Note: an extra 1/2 tsp (2 mL) ground cumin can be added if you prefer it extra spicy.)

Slice pita bread in half to form "pockets." Fill pita pockets with salmon mixture. Top with crumbled cheese and alfalfa sprouts or pea shoots.

Serves 4.

Each serving contains: 409 calories, 35 g protein; 15 g total fat (6 g sat. fat, 0 g trans fat); 35 g total carbohydrates; (7 g sugars, 7 g fibre); 370 mg sodium >>

DRY RED KIDNEY BEANS

Lectins are plant proteins found in many fruits and vegetables at low levels. They also occur in varying levels in legumes, but the consumption of undercooked dry red kidney beans poses a special health concern. Within several hours, unpleasant digestive issues can arise, including abdominal pain, nausea, vomiting, and diarrhea.

To prevent these unwelcome side effects, be sure to soak dry red kidney beans thoroughly.

- > Soak beans in 2 to 3 times the volume of water to the amount of beans for at least 5 hours.
- > Discard the soaking water.
- > Boil beans vigorously for at least 10 minutes.
- > Never cook dry red kidney beans in a slow cooker or Crock-Pot as their temperatures aren't hot enough to destroy lectins.