

## Calcium Rich Recipes

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### Tomato and Bean Soup

1 19 oz can stewed tomatoes	540 mL
1 14 oz can baked beans in tomato sauce	398 mL
1 cup water	250 mL
1/2 cup chopped onion	125 mL
1/2 tsp dried basil	2 mL
1/2 tsp dried parsley	2 mL
1 cup shredded cheddar cheese	250 mL

In a saucepan over medium heat, stir together tomatoes, beans, water, onions, basil and parsley; bring to a boil. Reduce heat to medium-low and simmer, uncovered and stirring occasionally for 10 to 15 minutes. Top each serving with 1/4 cup (50 mL) cheddar cheese. Serves 4.

Per Serving: Calories 260 Carbohydrate 34 g Protein 14 g Fat 10 g Calcium 330 mg

### Creamy Microwave Oatmeal

1/2 cup water	125 mL
1/2 cup milk or calcium-fortified soy beverage	125 mL
1/8 tsp salt	0.5 mL
2 Tbsp raisins	25 mL
1 tsp wheat bran	5 mL
1/2 cup quick rolled oats	125 mL
1/4 tsp cinnamon	1 mL

In a 4 cup (1 L) microwave-safe bowl, combine water, milk, salt, raisins and bran. Microwave on High for 2 minutes. Stir in oats and cinnamon; microwave on High for 3-4 minutes, stirring at 1 minute intervals until oatmeal has thickened. Cover and let stand for 1 minute. Serve with brown sugar or maple syrup and milk. Serves 1.

Per Serving: Calories 205 Carbohydrate 32 g Protein 5 g Fat 7 g Calcium 195 mg

**More...**

**This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.**

## Hoisin Broccoli & Tofu Stir-Fry

2 tsp vegetable oil	10 mL
1 Tbsp chopped ginger root	15 mL
1 tsp minced garlic	5 mL
3 cups small broccoli florets	750 mL
1 cup sweet red pepper	250 mL
2 cups bok choy, chopped	500 mL
1 cup firm tofu, cubed	250 mL
1 tsp cornstarch	2 mL
1/4 cup orange juice	75 mL
2 Tbsp hoisin sauce	25 mL
1 Tbsp toasted sesame seeds (optional)	15 mL

In a large nonstick skillet, heat oil over medium-high heat. Add ginger, garlic and tofu and stir-fry for 1-2 minutes. Add peppers, broccoli and bok choy and continue to stir-fry until broccoli is tender crisp (2-3 minutes). In a small bowl or glass measuring cup, whisk together cornstarch, orange juice and hoisin sauce. Add to skillet; cook stirring for 1 to 2 minutes or until thickened and heated through. Season to taste with pepper. Serve over rice. If desired sprinkle with sesame seeds. Serves 4.

Per Serving: Calories 177 Carbohydrate 15 g Protein 14 g Fat 10 g Calcium 540 mg



### Notes

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