

March

WHOLE WHEAT BANNOCK OR LUSKIKN

Ingredients:

5-cups whole-wheat flour
3-tablespoon baking powder
½-cup vegetable oil or 1/2 cup margarine
½-cup skim milk powder
1-cup water.

Directions:

Mix together whole-wheat flour, baking powder, and powdered milk.

Blend in vegetable oil until mixture looks crumbly.

Add water, stir until evenly blended.



Put into 9" x13" pan, cut into squares with a floured knife and poke with fork. Bake in 400°F oven for 20 minutes or until golden brown.

You can fry this bannock if you prefer.

To do this use ¼ cup of the oil or margarine in the recipe and use the other ¼ cup of oil or margarine to fry the bannock in a cast iron skillet. Cook for about 10 minutes on each side.

You may also add ¼- cup of dried or fresh fruit, like raisins, cranberries, rhubarb or currants.

FISH

Fish is a very healthy food choice. Low fat fishes include pickerel, haddock, red snapper.

Fish like salmon, mackerel and trout are fish that are more fatty but are an excellent source of omega-3 fatty acids.

Cod, halibut and haddock are other choices. Trout, crab and cod are good sources of Vitamin C and protein and all are low in carbohydrates.

Some fish, like perch, mackerel, and smelt are more economical than others.

Canned fish like sardines, tune and salmon are good alternative. Fish can be a good source of calcium if the bones, which are usually very soft, are eaten. Buy canned fish that is packed in water, instead of oil.

Broiling, baking or frying fish in a non-stick pan are healthy cooking methods; try to avoid deep-frying.

