

# Food, Fun & Fitness



## Recipe

### 15-Minute Salmon

From Kidshealth.org

**Prep time:** 15 minutes

### **Ingredients:**

- 2 6-oz. salmon steaks (a normal portion size for meat and fish is 3 oz.)
- butter or vegetable oil cooking spray or fat-free canola cooking spray

### **Directions:**

1. Preheat the broiler. Cover the broiling pan with aluminum foil and lightly grease the foil with butter or vegetable oil cooking spray.
2. Place the steaks on the pan and broil the salmon for 5 minutes. Turn the steaks carefully and broil the other side for 4 to 5 minutes or until the fish is firm but still springy and a bit translucent in the center.
3. Serve immediately topped with the sauce of your choice.

**Serves:** 2

**Serving size:** 1 salmon steak

### **Nutritional analysis (per serving):**

350 calories  
34 g protein  
20 g fat

## Fun for the Whole Family

Put some "Spring" in your step as March arrives!

Daylight savings time begins on March 12<sup>th</sup>! This will give you more time to get outside and walk trails, hike, bike, or any other outdoor activity.

## Exercise Tip

New England weather can be tricky in March. If you can't get outside to exercise, find other ways to increase your step count. Choose a parking spot far away, use the stairs, or visit a co-worker in person rather than call. Remember; try to attain 10,000 steps a day!

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