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411 vaccines.ca



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food is love ENTERTAINMENT

Double Salmon

Hands-on time: 15 minutes
Total time: 1 1/4 hours
Makes: 2 cups

Canned and smoked salmon to make a flavourful topping grilled with slices or flatbread.

- 2 cans (213 g) drained
- 1/2 cup butter
- 1 tbsp olive oil
- 1 pkg (85 g) cream cheese
- 2 tbsp lemon juice
- 2 tbsp dill
- 1 tsp salt
- 1/4 tsp pepper

SUMMER FRESH RECIPES

- QUICK APPETIZERS
- A TASTE OF NOVA SCOTIA
- HOMEMADE PIES
- TASTY WEEKNIGHT SUPPERS

SEVEN BAD HABITS... TO KEEP!

50 SIMPLE SUMMER PLEASURES

MEET THE CANADIAN WOMEN'S NATIONAL SOCCER TEAM

WHITE JEANS YES, YOU CAN WEAR THEM!

chicken. Cover with paprika. Cook for 1 hour or up to 24 hours.

PER 1 TBSP: about 42 cal, 3 g pro, 3 g fat (2 g sat. fat), trace carb, 0 g fibre, 10 mg chol, 81 mg sodium, 39 mg potassium. % RDI: 2% calcium, 1% iron, 2% vit A, 2% vit C.

Curried Chicken Melts

Hands-on time: 18 minutes
Total time: 18 minutes
Makes: 28 pieces

Firm, thin sandwich bread is ideal for these party pleasers. They look prettiest when the bread is cut before topping. However, for speedier prep, top the whole slices, then bake and cut into triangles.

- 2 cups diced cooked chicken
- 3 tbsp light mayonnaise
- 1 rib celery, finely diced
- 2 green onions, finely diced
- 2 tsp lemon juice



• Spread crackers with a bit of fig purée; top each with thin piece of salami and slice of blue cheese.

• Top broiled or grilled baguette slices with sliced bocconcini cheese, sliced tomato and basil leaves; sprinkle with salt and pepper. Drizzle with olive oil.

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