



Greetings,

Due to technical difficulties with this newsletter that was sent last week, we have re-scheduled it to be sent again. The Smoked Salmon Smørrebrød recipe may not be suitable for people with Lupus and/or on an immunosuppressant because the main ingredient (cold smoked salmon) may contain bacteria that may be inappropriate for compromised immune systems. We wanted to offer a different, healthy option. Lupus Canada would like to apologize for any inconvenience this may have caused. Please see the amended recipe below. As always, consult and confirm with your physician prior to making lifestyle and diet changes.

What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to [leanne.mielczarek@lupuscanada.org](mailto:leanne.mielczarek@lupuscanada.org)

## Lupus Canada August 2015 Newsletter

### De-stress this Summer

Summer is the season to have fun and relax. Pick up some late-summer activities to promote personal happiness and relieve stress.



**Stoke a fire.** There is nothing like sitting under the stars with some friends or family on a warm summer night. Lose your attention in the flames and feel the warmth radiate on your skin. If you do not have a fire pit, some public beaches offer fire pit options. [Read More](#)

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### For the Parent, Friend, and Caregiver...

If you are a parent, friend or caregiver for someone with lupus, it can be quite difficult to watch that special someone go through all these changes and life adjustments. Not only does it affect their life, but it also affects yours. As the 'Disease with a Thousand Faces' with no visible ailment, it can be extremely frustrating not knowing what you are dealing with. One day a person with Lupus might feel completely fine and the next day their disease might be a nightmare. [Read More](#)

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## Recipe Corner - Maple-Glazed Salmon with Pickled Cucumber

Although cold smoked salmon should be avoided, fully-cooked, wild salmon is a healthy option for your diet. Cooked salmon contains good Omega-3 fatty-acids with anti-inflammatory properties without the potentially compromising organisms found in cold smoked salmon.



Photo: Quentin Bacon

### Ingredients

- 1 cup seasoned rice vinegar
- 1/4 cup sugar
- 1 English cucumber, thinly sliced
- 1/2 small red onion, sliced
- 1 fennel bulb, thinly sliced
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Olive oil cooking spray
- 1 pound skinless salmon fillet
- 1 1/2 tablespoons pure maple syrup
- 2 teaspoons grainy mustard
- 1 garlic clove, minced
- 1/4 teaspoon ground cumin

### Preparation

1. Combine vinegar and sugar in a saucepan; bring to a boil. Simmer 5 minutes or until sugar dissolves. Add cucumber and onion. Cool to room temperature, stirring, 25 minutes.
2. Remove the vegetables with a slotted spoon; place in a bowl. Add fennel and olive oil, tossing to combine. Season with salt and pepper.
3. Preheat broiler. Line a shallow baking pan with foil; coat lightly with olive oil cooking spray. Arrange the salmon in a single layer on the pan. Combine the maple syrup and remaining ingredients; spread onto salmon. Broil salmon for 6 minutes or until just cooked through. Portion into 4 servings. Divide the salad among 4 plates; top with salmon.

Reference: Recipe Source:

<http://www.health.com/health/recipe/0..10000001981665.00.html>

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Conquer Lupus***

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