Healthy Ways to Eat Canned Salmon

Eat seafood in place of meat or poultry twice a week.

1. Add salmon to salads, pastas, casseroles and stir fries for a healthier protein option!
2. Boost nutrition by adding salmon to prepared foods like Mac & Cheese or Ricoroni.
3. Spread salmon over whole wheat crackers with a little mustard for a satisfying snack!
4. Make Salmon & Egg Scramble. Serve with a slice of whole wheat toast!

   **Ingredients:**
   - 1 Tablespoon oil or butter
   - 2 eggs, lightly beaten
   - ¼ cup onion, chopped
   - 1 cup fresh or ½ cup canned spinach

   **Directions:**
   1. In a small bowl, beat eggs. Add pepper and dried herbs (if using).
   2. Heat oil/butter in a skillet over medium-high heat. Add onions and cook until soft, about 5 minutes.
   3. Add egg mixture. As eggs begin to set, gently pull the eggs from the bottom of the skillet to scramble.
   4. When eggs are nearly cooked through, add spinach and canned salmon. Continue to scramble until eggs are cooked through. Add salt if needed. Serve warm.

5. Make Quick Salmon Salad. Serve on top of greens or whole grain bread with melted cheese!

   **Ingredients:**
   - 1 (14.5-oz.) can salmon, drained & flaked
   - ½ cup canned salmon, drained & flaked
   - ¼ cup onion, finely chopped
   - ½ cup celery, chopped
   - Salt & pepper to taste

   **Optional add-ins:**
   - 1 teaspoon Dijon mustard
   - 2 teaspoons sweet pickle relish or capers
   - 2 teaspoons lemon juice
   - 1 Tablespoon fresh or 1 teaspoon dried herbs

   **Directions:**
   1. In a small bowl, combine the salmon, mayo/yogurt, onion and celery. Mix until evenly combined.
   2. Add any of the optional ingredients. Add salt & pepper to taste.

6. Make Salmon Pasta Salad. Store a batch in the fridge to eat throughout the week!

   **Ingredients:**
   - 8-oz. whole wheat pasta
   - 1 (15-oz.) can green beans or peas, drained
   - 1 (14.5-oz.) can salmon, drained & flaked
   - 1 (15-oz.) can white beans, drained & rinsed
   - ½ cup onion, finely chopped
   - ½ pint cherry tomatoes, halved or 1 (14.5-oz.) can diced tomatoes, drained (optional)

   **Vinaigrette:**
   - 2 Tablespoons vinegar or lemon juice
   - 2 Tablespoons oil
   - ½ teaspoon salt
   - ¼ teaspoon pepper
   - ½ teaspoon dried dill (optional)
   - 2 teaspoons Dijon mustard (optional)

   **Directions:**
   1. Cook pasta according to package instructions. Drain and rinse with cold water. Set aside.
   2. In a large bowl, mix together vegetables, salmon, beans, onion and tomatoes. Mix in chilled pasta.
   3. In a small bowl, combine the vinaigrette ingredients and whisk to combine. Pour over salad and mix.

7. Make Salmon Pasta Bake* for a simple but delicious dinner.

   **Ingredients:**
   - 2 cups whole wheat pasta
   - 1 onion, diced
   - 1 (14.5-oz.) can salmon, drained
   - 1 (15-oz.) can peas, drained & rinsed
   - 1 cup low-fat or nonfat plain yogurt

   **Directions:**
   1. In a small bowl, beat eggs. Add pepper and dried herbs (if using).
   2. Heat oil/butter in a skillet over medium-high heat. Add onions and cook until soft, about 5 minutes.
   3. Add egg mixture. As eggs begin to set, gently pull the eggs from the bottom of the skillet to scramble.
   4. When eggs are nearly cooked through, add spinach and canned salmon. Continue to scramble until eggs are cooked through. Add salt if needed. Serve warm.
8. Make **Salmon Potato Casserole** for a side dish packed with flavor & nutrition.

**Ingredients:**
- 2 cups cooked potatoes (diced or mashed)
- 1 (10-oz.) can cream of mushroom soup
- ½ cup milk
- 1 (14.5-oz.) can salmon, drained & flaked
- 1 (15-oz.) can peas

**Directions:**
1. Preheat oven 350°F. Cook mashed potatoes according to package instructions.
2. Combine all ingredients in a greased casserole dish. Top with breadcrumbs or shredded cheese.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

9. Make **Salmon Cakes**. Serve on their own, on top a bed of greens, or on a whole wheat bun.

**Ingredients:**
- 1 (14.5-oz.) can salmon, drained & flaked
- ½ cup whole wheat bread crumbs
- 2 eggs, beaten
- ¼ cup finely chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder (optional)
- 1 Tablespoon lemon juice (optional)
- 1 teaspoon dried dill or parsley (optional)

**Directions:**
1. In a bowl, combine salmon, breadcrumbs, eggs, onions, salt and pepper. Add optional ingredients if using.
2. Form mixture into 6-8 patties. In a large skillet, heat oil over medium-high heat.
3. Cook patties on each side for 3-4 minutes or until golden brown.

10. Make **Salmon Corn Chowder** for a warm & comforting meal.

**Ingredients:**
- 3 Tablespoons butter or oil
- 1 onion, diced
- 1 cup diced carrots (canned or fresh)
- 2 garlic cloves, minced (or 1 tsp garlic powder)
- 1 teaspoon dried thyme, parsley or dill
- ¼ cup flour
- 2 cups chicken stock
- 2 cups low-fat or nonfat milk
- 1 (14.5-oz.) can salmon, drained & flaked
- 1 (15-oz.) can corn, drained & rinsed
- Salt & pepper to taste

**Directions:**
1. Heat butter/oil in a large sauce pan over medium-high heat; add the onions and cook until tender, about 5-7 minutes. Add the carrots and continue to cook until softened, about 5 minutes more.
2. Mix in the garlic, thyme/parsley/dill and flour and cook, stirring constantly, until the flour is lightly browned, about 2-3 minutes.
3. Slowly stir in the broth, deglazing the pan as you go. Add the milk and potatoes; bring to a boil. Reduce the heat and simmer until the potatoes are tender, about 10-12 minutes.
4. Add the salmon and corn, cook until heated through and season with salt and pepper.

11. Make **Salmon Boats*** for a snack loved by kids & adults alike!

**Ingredients:**
- 2 large cucumbers
- 2 Tablespoons lemon juice
- ¼ cup chopped onion
- 1/2 (14.5-oz.) can salmon, drained & flaked
- 1 (15-oz.) can white beans, drained & rinsed

**Directions:**
1. Peel cucumbers every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a spoon.
2. In a medium bowl, mash beans with a fork. Add remaining ingredients.
3. Fill each cucumber half with ¼ salmon mixture. Serve cold.

*Recipe from Share Our Strength's Cooking Matters ™