



HEALTHY WAYS CANNED SALMON



Tips!

Eat seafood in place of meat or poultry twice a week

- Add salmon to salads, pastas, casseroles and stir fries for a healthier protein option!
- Boost nutrition by adding salmon to prepared foods like Mac & Cheese or Riceroni.
- Spread salmon over whole wheat crackers with a little mustard for a satisfying snack!

RECIPES

Salmon & Egg Scramble

Ingredients:

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| 1 tbsp oil or butter | 1/4 cup canned salmon, drained & flaked |
| 2 eggs, lightly beaten | 1/2 tsp dried parsley or dill (optional) |
| 1/4 cup onion, chopped | 1/4 tsp black pepper |
| 1 cup fresh or 1/2 cup canned spinach | salt to taste |

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 onion 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 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.

Quick Salmon Salad

Ingredients:

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| 1 (14oz) can salmon, drained & flaked | 1 tsp Dijon mustard (optional) |
| 1/3 cup light mayo or plain low fat yogurt (or a mix) | 2 tsp sweet pickle relish or capers (optional) |
| 1/4 cup onion, finely chopped | 2 tsp lemon juice (optional) |
| 1/4 cup celery, chopped | 1 tbsp fresh or 1 tsp dried herbs |
| Salt & pepper to taste | |

Directions:

1. In a 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.

Salmon Potato Casserole

Ingredients:

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| 2 cups cooked potatoes (diced or mashed) | 1 (15oz) can peas, drained |
| 1 (10oz) can cream of mushroom soup | salt & pepper to taste |
| 1/2 cup milk | 1/2 cup bread crumbs or shredded cheese (optional) |
| 1 (14.5oz) can salmon, drained & flaked | |

Directions:

1. Preheat oven to 350F. 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.

Salmon Boats*

Ingredients:

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| 2 large cucumbers | 1 (15oz) can white beans, drained & rinsed |
| 2 tbsp lemon juice | 1 tbsp Dijon mustard or other mustard |
| 1/4 cup chopped onion | 1/2 tsp salt & 1/4 tsp black pepper |
| 1/2 (14.5oz) can salmon, drained & rinsed | 1 tbsp oil |

Directions:

1. Peel cucumbers every 1/4 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 1/4 salmon mixture. Serve cold.



MAKE IT A MEAL: RECIPES



Salmon Pasta Salad

Ingredients:

8 oz whole wheat pasta	1 (15oz) can white beans, drained & rinsed
1 (15oz) can green beans or peas, drained	1 (15oz) can white beans, drained & rinsed
1 (14.5oz) can salmon, drained & flaked	1/2 cup onion, finely chopped
1/2 pint cherry tomatoes, halved or 1(14.5oz) can diced tomatoes, drained (optional)	
Vinaigrette:	
2 tbsp vinegar or lemon juice	1/4 tsp black pepper
2 tbsp oil	1/2 tsp dried dill (optional)
1/2 tsp salt	2 tsp 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.

Salmon Pasta Bake*

Ingredients:

2 cups whole wheat pasta	2 tsp dried parsley, basil or dill
1 onion, diced	1/4 tsp salt
1 (14.5oz) can salmon, drained	1/4 tsp ground black pepper
1 (15oz) can peas, drained & rinsed	1/2 cup parmesan cheese (optional)
1 cup low-fat or nonfat plain yogurt	

Directions:

1. Preheat oven to 400F. Cook and drain pasta according to package instructions.
2. In a large bowl, mix salmon, pasta, onions, peas and all spices.
3. Transfer pasta mixture to a 9x9 inch baking dish. Sprinkle with cheese.
4. Bake 25-30 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

Salmon Cakes

Ingredients:

1 (14.5oz) can salmon, drained & flaked	1/2 tsp garlic powder (optional)
1/2 cup whole wheat bread crumbs	1 tbsp lemon juice (optional)
2 eggs, beaten	1 tsp dried dill or parsley (optional)
1/4 cup finely chopped onion	2 tbsp oil
1/2 tsp salt	1/4 tsp black pepper

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 over medium-high heat.
3. Cook patties on each side for 3-5 minutes or until golden brown.

Salmon Corn Chowder

Ingredients:

3 tbsp butter or oil	2 cups chicken stock
1 onion, diced	2 cups low-fat or nonfat milk
1 cup diced carrots (canned or fresh)	2 cups diced potatoes (canned or fresh)
2 garlic cloves, minced (or 1 tsp garlic powder)	1 (14.5oz) can salmon, drained & flaked
1 tsp dried thyme, parsley or dill	1 (15oz) can corn, drained & rinsed
1/4 cup flour	salt and 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 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 with salt and pepper.

*Recipe from Share Our Strength's Cooking Matters™