

Can-Do SALMON



Salmon Salad

Servings: 4

Ingredients

- 1 can (14.7 ounce) pink salmon, drained
- ¼ cup low-fat plain yogurt
- ⅓ cup chopped celery
- ½ teaspoon dill weed (optional)

Directions

1. Place the drained salmon in a bowl and separate with fork to remove any small bones or skin that may be mixed in.
2. Stir in the yogurt, celery and dill (if using).
3. Mix together and serve immediately or refrigerate up to 1 day.

Source: web.uri.edu/community-nutrition/salmon-salad/



Salmon Patties

Servings: 4

Ingredients

- 1 can (14.75 ounces) salmon with bones, drained
- 1 slice of bread, torn into small pieces
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- 2 eggs, lightly beaten
- ½ cup minced celery
- ½ cup minced or grated carrot
- ½ cup minced onion

Directions

1. Clean hands and food preparation surfaces.
2. Rinse or scrub fresh vegetables under running water.
3. In a medium bowl, break up the salmon and mash bones with a fork. Remove salmon skin, if desired.
4. Add the remaining ingredients and mix well.
5. Lightly grease a large skillet and place it over medium heat.
6. Firmly press about ½ cup of the mixture into a 1-inch-thick patty. Repeat to make 3 more patties.
7. Place the patties on the skillet and cook until they are golden brown, about 5 to 7 minutes on each side.
8. Serve warm. Refrigerate leftovers within 2 hours.

Adapted by: foodhero.org/recipes/salmon-patties





Salmon Pasta Skillet

Servings: 4

Ingredients

- 1 ½ cups whole grain pasta (shells, elbow, bow tie)
- 1 tablespoon margarine or butter
- 2 tablespoons chopped onion
- 1 can (5 ounces) canned salmon, drained (about ½ cup cooked fresh salmon)
- 2 small tomatoes, chopped
- 3 tablespoons lemon juice
- 1 tablespoon fresh chopped parsley or 1 teaspoon dried parsley
- ¼ teaspoon salt

Directions

1. Clean hands and food preparation surfaces.
2. Rinse fresh vegetables under running water.
3. Cook pasta according to package directions. Drain and set aside.
4. While pasta is cooking, heat margarine or butter in a medium skillet over medium heat. Add onion and cook until tender.
5. Add cooked pasta, salmon, tomato, lemon juice, parsley and salt. Cook until heated through.
6. Serve warm. Refrigerate leftovers within 2 hours.

Source: foodhero.org/recipes/salmon-pasta-skillet



Salmon Salad Mix

Servings: 4

Ingredients

- 1 can (14.75 ounce) salmon, drained
- ¼ cup pickle relish (dill or sweet) or chopped pickles
- ¼ cup nonfat or low-fat plain yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons lemon juice (about ½ lemon)

Directions

1. Clean hands and food preparation surfaces.
2. In a medium bowl, break up salmon and skin and mash small bones with a fork.
3. Add relish, yogurt, mayonnaise and lemon juice. Mix until well combined.
4. Chill before serving. Serve on a bed of salad greens or use as a sandwich filling.
5. Refrigerate leftovers within 2 hours.

Source: foodhero.org/recipes/salmon-salad-mix

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Canned Salmon Tips

- Types of canned salmon:
 - Pink salmon has a light color and mild flavor.
 - Red (sockeye) salmon has a more intense color and flavor.
- Canned salmon is fully cooked, so can be eaten straight from the can.
- Drain the canned salmon well; it does not need to be rinsed.
- Canned salmon can keep for three to six years. After opening, refrigerate any unused salmon for up to three days in an airtight container. Leftovers can also be frozen.
- Most canned salmon include skin and bones.
 - Skinless and boneless packs are usually more expensive.
 - Salmon bones are soft after canning. They add calcium when mashed and mixed in. You can remove any visible bones, if desired.
 - Salmon skin also softens when canned and is a rich source of omega-3 fatty acids. It can be removed or mixed in with other ingredients for extra nutrition.

