



# 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 Riceroni.
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	¼ cup canned salmon, drained & flaked
2 eggs, lightly beaten	½ teaspoon dried parsley or dill (optional)
¼ cup onion, chopped	¼ teaspoon pepper
1 cup fresh or ½ 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 onions and cook until soft, about 5 minutes.
3. Add egg mixture. As eggs begins 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	<i>Optional add-ins:</i>
1/3 cup light mayo or plain low fat yogurt (or a mix)	1 teaspoon Dijon mustard
¼ cup onion, finely chopped	2 teaspoons sweet pickle relish or capers
¼ cup celery, chopped	2 teaspoons lemon juice
Salt & pepper to taste	1 Tablespoon fresh or 1 teaspoon dried herbs

#### 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.

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

#### Ingredients:

8-oz. whole wheat pasta	<i>Vinaigrette:</i>
1 (15-oz.) can green beans or peas, drained	2 Tablespoons vinegar or lemon juice
1 (14.5-oz.) can salmon, drained & flaked	2 Tablespoons oil
1 (15-oz.) can white beans, drained & rinsed	½ teaspoon salt
½ cup onion, finely chopped	¼ teaspoon pepper
½ pint cherry tomatoes, halved or 1 (14.5-oz.) can diced tomatoes, drained (optional)	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	2 teaspoons dried parsley, basil or dill
1 onion, diced	¼ teaspoon salt
1 (14.5-oz.) can salmon, drained	¼ teaspoon ground black pepper
1 (15-oz.) can peas, drained & rinsed	½ cup parmesan cheese (optional)
1 cup low-fat or nonfat plain yogurt	

**Directions:**

1. Preheat oven to 400 F. Cook and drain pasta according to package instructions.
2. In a large bowl, mix salmon, pasta, onions, peas, yogurt, 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.

**8. Make Salmon Potato Casserole for a side dish packed with flavor & nutrition.****Ingredients:**

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| 2 cups cooked potatoes (diced or mashed)  | 1 (15-oz.) can peas, drained                     |
| 1 (10-oz.) can cream of mushroom soup     | Salt & pepper to taste                           |
| ½ cup milk                                | ½ cup bread crumbs or shredded cheese (optional) |
| 1 (14.5-oz.) can salmon, drained & flaked |  |

**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:**

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

**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:**

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| 3 Tablespoons 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 (14.5-oz.) can salmon, drained & flaked |
| 1 teaspoon dried thyme, parsley or dill          | 1 (15-oz.) can corn, drained & rinsed     |
| ¼ cup flour                                      | 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:**

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| 2 large cucumbers                            | 1 Tablespoon oil                    |
| 2 Tablespoons lemon juice                    | 1 Tablespoon Dijon or other mustard |
| ¼ cup chopped onion                          | ½ teaspoon salt                     |
| 1/2 (14.5-oz) can salmon, drained & flaked   | ¼ teaspoon black pepper             |
| 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.