Salmon is a key part of a healthy balanced diet. Here are some ways to add it to yours.

Salmon is a rich source of many essential nutrients, especially heart-healthy, omega-3 fatty acids. These nutrients are very important for young children and pregnant and breastfeeding mothers because they are vital for brain development and function in the early stages and throughout life. These good-for-you fats are easily missed in many diets, but you can get them with a few simple Canned Salmon recipes.

You can get the gourmet taste and benefits of Alaska Salmon on any budget. Canned Salmon delivers a big bang for your buck because it is nutritious and easy to include in many dishes.

Try it in a sandwich, salad, soup, taco, burger, quesadilla and more! We created these recipes to provide you with some ideas on how you can eat salmon twice a week. They are designed to be tasty to eat and easy to make:

- They use a few, easy-to-find ingredients
- They can be prepared in 30 minutes or less
- You can easily substitute ingredients for ones you prefer

LET’S GET COOKING!
INGREDIENTS
• 8 cups (or a 10 oz. pkg.) chopped lettuce mix
• 1 (14.75 oz.) can pink Alaska Salmon, drained, skin removed and chunked
• 2 tomatoes, cut in 8 wedges each
• 1 (15 oz.) can garbanzo beans, green beans or white beans, drained and rinsed
• 2 hard-cooked eggs, peeled and chopped
• 2 green onions, sliced (or 1/3 cup chopped onion)
• 3/4 cup bottled or prepared vinaigrette*

INSTRUCTIONS
1. Place salad greens on a large plate.
2. Spoon salmon down the center of salad.
3. Arrange tomatoes, beans, and eggs around salmon.
4. Sprinkle on green onions.
5. Pour on dressing.

* VINAIGRETTE
Whisk together 1/2 cup red (or white) wine vinegar, 1/4 cup olive oil, 2 tsp. Italian seasoning and 1/4 tsp. black pepper.

yields 4-6 servings • preparation time: 15 minutes

THE FACTS ON CANNED SALMON
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• Omega-3 DHA is critical for brain development in all stages of life and promotes better memory and cognition. The Food and Drug Administration (FDA) encourages pregnant and breastfeeding women to eat 8-12 oz of fish, such as salmon, a week to promote healthy fetal growth.

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**SIMPLE SALMON PASTA SALAD**

**INGREDIENTS**
- 1 1/2 cups cooked elbow or small shells whole-wheat pasta, cooled (about 2 oz. dry)
- 1 (7.5 oz.) can pink Alaska Salmon, drained and chunked
- 1 medium carrot, finely chopped or shredded
- 1 stalk celery, finely chopped
- 1 green onion, chopped
- 1/4 cup regular or low-fat mayonnaise
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. seasoning salt

**INSTRUCTIONS**
1. Mix pasta, salmon, carrots, celery and onion.
2. In another bowl, blend mayonnaise, lemon juice and seasoning salt.
3. Stir mayonnaise into pasta.

* yields 2 servings  •  preparation time: 30 minutes

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**Nutrition Facts**

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| Vitamin A          | 108%            |
| Vitamin C          | 14%             |
| Vitamin D          | 150%            |
| Calcium            | 10%             |
| Iron               | 11%             |
| Potassium          | 18%             |
| Selenium           | 42mcg           |

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FOR MORE RECIPES GO TO [www.AlaskaSeafood.org](http://www.AlaskaSeafood.org)
INGREDIENTS

- 1 (14.75 oz.) can pink Alaska Salmon, not drained
- 1 (12 oz.) can evaporated low-fat (or skim) milk
- 1 (16 oz.) can low-sodium chicken broth
- 1 (14.75 oz.) can cream-style corn
- 1 (4 oz.) can diced green chilies (mild or hot), drained
- ½ tsp. ground cumin
- ½ tsp. chili powder or adobo seasoning
- ½ tsp. onion powder or garlic powder

INSTRUCTIONS

1. Add salmon with their liquid to a sauce pot, removing skin and bones.
2. Stir in remaining ingredients.
3. Simmer and stir over low heat, about 5 minutes.

yields 4-6 servings • preparation time: 25 minutes

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INGREDIENTS

• 1 (14.75 oz.) can pink Alaska Salmon, drained and flaked
• 1 egg, beaten
• 1 tsp. seasoned salt
• 1/2 Tbsp. mustard
• 1/2 tsp. onion powder
• 1/3 cup instant mashed potatoes (dry), bread crumbs or saltine cracker crumbs
• Cooking spray, as needed
• 1 cup (4 oz.) shredded Cheddar, Colby or Monterey Jack cheese
• 4 whole wheat bread slices, toasted
• 4 lettuce leaves
• 4 large tomato slices

INSTRUCTIONS

1. Mix salmon and all remaining ingredients, except bread and tomato.
2. Shape mixture into 4 burger patties.
3. Cook patties in a spray-coated fry pan on medium heat until browned on both sides.
4. Top each piece of toast with a lettuce leaf, tomato slice and salmon patty.

yields 4-6 servings  •  preparation time: 25 minutes

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INGREDIENTS
• 1 ripe avocado, seeded, peeled and mashed
• 1 Tbsp. mustard
• 2 tomatoes, cut in 8 wedges each
• 1 Tbsp. mayonnaise
• tsp. dried dill
• 4 (8-inch) whole wheat tortillas
• 1 (14.75 oz.) can pink Alaska Salmon, drained and chunked
• 1 large carrot, shredded
• 4 large lettuce leaves

INSTRUCTIONS
1. Mix avocado, mustard, mayonnaise, and dill.
2. Spread mixture down the middle of the tortillas.
3. Top with salmon, carrots and lettuce.
4. Roll up tortillas tightly.

yields 4-6 servings  •  preparation time: 10 minutes

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SUNNY SALMON TACOS

INGREDIENTS
• 1 (14.75 oz.) can pink Alaska Salmon, drained and chunked
• 1/4 to 1/3 cup low-fat sour cream
• 1 Tbsp. lime juice
• 2 tsp. taco seasoning
• 2 cups packaged coleslaw mix (or shredded cabbage)
• 1 (11 oz.) can mandarin oranges in light syrup, not drained
• 1/4 cup chopped red onion or green onion
• 4 (6 to 7-inch size) whole wheat tortillas or 8 (4 to 6-inch size) corn tortillas

INSTRUCTIONS
1. Mix the salmon, sour cream, lime juice and taco seasoning.
2. In another bowl, mix the coleslaw, mandarin oranges in syrup, and onions; drain the slaw.
3. Spoon salmon mixture onto tortillas.
4. Top with coleslaw mix.

yields 4 servings  •  preparation time: 15 minutes

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SALMON & BLACK BEAN QUESADILLAS INGREDIENTS
- 1 (7.5 oz.) can pink Alaska Salmon, drained and chunked
- 2 Tbsp. prepared/bottled chunky salsa or mild green taco sauce
- ¼ to ½ tsp. Cajun, Creole or Mexican seasoning
- ¼ cup canned black beans, drained and rinsed
- 2 (8-inch) whole wheat or flour tortillas
- 1 cup (about 4 oz.) shredded Monterey Jack or Cheddar cheese

SALMON & APPLE QUESADILLAS INGREDIENTS
- 1 (7.5 oz.) can pink Alaska Salmon, drained and chunked
- ½ cup diced apple
- 2 Tbsp. regular or light mayonnaise
- ¼ to ½ tsp. dried thyme
- 2 (8-inch) whole wheat or flour tortillas
- 1 cup (about 4 oz.) shredded Colby-Jack or Cheddar cheese

Instructions
1. Mix salmon and all other ingredients, except cheese and tortillas.
2. Add one tortilla to a 10-inch or larger pan.
3. Turn heat to medium low.
4. Sprinkle ¼ cup of the cheese onto half of the tortilla.
5. Spoon half of the salmon mixture over the cheese.
6. Top with ¼ cup cheese. Fold the tortilla over to close it; heat to melt cheese.

Nutrition Facts

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ASMI is a public-private partnership between the State of Alaska and the Alaska seafood industry established to foster economic development of a renewable natural resource and support Alaska’s fishing families.

Keeping families healthy through a balanced diet, creating simple delicious recipes and making meal time fun, is what ASMI is all about. We hope we’ve made adding Alaska salmon to mealtime easy and enjoyable. For more ideas visit

[AlaskaSeafood.org]