

## Recipes Using Canned Salmon: Part III



Easy Salmon Ideas



Salmon Salad Sandwich



Salmon Spuds



Four Salmon Patty Recipes



Salmon Turnovers



Salmon Appetizer Spirals



## Recipes for Canned Salmon: Part III

### Four Salmon Patty Recipes

Salmon Patties are very easy to make. It's as easy as 1, 2, and 3. Follow these three steps for any of the recipes listed below.

- ❖ Drain canned salmon; flake salmon; remove skin and bones if desired.
- ❖ Mix with beaten egg(s); add all of the other ingredients and mix into the salmon/egg mixture.
- ❖ Form into patties and fry in oil over medium heat until crispy - about 5 minutes on each side.

#### Basic Salmon Patties

**You will need:**

1 (14.75 oz.) can salmon, drained and flaked	1 onion, diced	2 eggs, beaten
2 tbsp. butter, softened	2 tbsp. lemon juice	2 tsp. ground black pepper
4 tbsp. vegetable oil	16 crackers or more, crushed	

#### Dry Mustard Salmon Patties

**You will need:**

1 (14.75 oz.) can salmon, drained and flaked	1 medium onion, chopped	2 eggs, beaten
2 tbsp. butter, softened	1 tsp. dry mustard	2/3 cup cracker crumbs
1/4 cup chopped fresh parsley	5 tbsp. vegetable oil	

#### Worcestershire Sauce Salmon Patties

**You will need:**

1 (14.75 oz.) can salmon, drained and flaked	1 cup soft bread crumbs	1 large egg
1 clove garlic, pressed	1/4 cup low-fat milk	1 tsp. Worcestershire sauce
vegetable oil for frying		

#### Cheddar Cheese Salmon Patties

**You will need:**

1 (14.75 oz.) can salmon, drained and flaked	1 cup soft bread crumbs	2 eggs
1/2 cup diced green pepper	1/4 cup diced red pepper	1 tsp. chopped parsley
1/2 cup shredded mild cheddar cheese	2 tbsp. chopped scallions	1/4 tsp. dried dill
1 tsp. chopped fresh parsley	salt and pepper to taste	1 tbsp. vegetable oil

### Salmon Appetizer Spirals

**You will need:**

1 (14.75 oz.) can salmon, drained and flaked	4 tbsp. salsa	2 tbsp. chopped fresh parsley
1 (8 oz.) package cream cheese, softened	1/4 tsp. ground cumin, optional	1 tsp. dried cilantro
8 flour tortillas (8 inches)		

**Instructions:**

- Drain salmon; remove any bones
- In a small bowl, combine salmon, cream cheese, salsa, parsley, and cilantro. Add cumin if desired.
- Spread about 2 tbsp. of salmon mixture over each tortilla. Roll up each tortilla lightly.
- Wrap individual tortilla with plastic wrap. Refrigerate 2 - 3 hours. Slice into bite-size pieces.

## Salmon Turnovers

### You will need:

1 (14.75 oz.) can salmon, drained and flaked      3 tbsp. grated Parmesan Cheese       $\frac{1}{4}$  cup sliced green onions  
1 (3 oz.) package cream cheese, softened      2 tsp. Dijon-style mustard      2 tsp. lemon juice  
1 tsp. dill weed      2 (8 oz.) packages refrigerated crescent dinner rolls

### Instructions:

- Pre heat oven to 350 degrees F. Combine salmon, onions, cheeses, mustard, lemon juice, and dill.
- Stir until blended. Unroll dough; separate into triangles (16 total)
- Divide filling among 16 triangles (about  $1\frac{1}{2}$  tbsp.); place in the center of dough.
- Fold in half to form triangles. Press triangles with a fork to tightly seal.
- Place on baking sheets; bake 10 - 12 minutes or until golden brown. Serve warm.

## Salmon Salad Sandwich

### You will need:

1 (14.75 oz.) can salmon, drained and flaked       $\frac{1}{2}$  cup finely chopped celery      1 tsp. dried dill  
 $\frac{1}{2}$  cup finely chopped green onion      1 tsp. seasoned salt      1 tsp. lemon juice  
8 thick slices rustic bread      lettuce and tomato; optional       $\frac{1}{2}$  cup mayonnaise

### Instructions:

- Combine salmon, green onion, celery, dill, lemon juice, seasoned salt, and mayonnaise.
- Spread  $\frac{1}{2}$  cup salmon mixture on 4 slices of bread. Add lettuce and tomato if desired.
- Close sandwich. Makes four sandwiches.

## Easy Salmon Ideas

### You will need:

1 (14.75 oz.) can salmon, drained

### Serving Ideas:

- Add it to a toasted bagel with cream cheese, a squeeze of lemon, and a slice of red onion.
- Pile it on some greens dressed with a little olive oil and lemon juice.
- Mix it with Dijon mustard and finely chopped onion. Serve on crackers.
- Try the Canadian way. Mix just a little onion and a little cider vinegar with the salmon.

## Salmon Spuds

### You will need:

1 (14.75 oz.) can salmon, drained and flaked      4 medium baking potatoes      1 tbsp. vegetable oil  
 $\frac{1}{2}$  cup grated Parmesan cheese       $\frac{1}{2}$  cup milk       $\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  cup minced green onion      1 tsp. thyme, crushed       $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup frozen peas or mixed vegetables, thawed       $\frac{1}{4}$  tsp. black pepper

### Instructions:

- Preheat oven to 400 degrees F. Wash, oil, salt, and pierce skin. Bake for 1 hour or until done.
- Cut potatoes in half lengthwise. Scoop out center of potatoes leaving  $\frac{1}{4}$  inch depth to shell.
- Mash reserved scooped potato. Heat milk and butter in microwave to melt butter.
- Beat mixture into potatoes. Stir in cheese, onion, thyme, salt, and pepper.
- Gently stir in salmon and peas. Spoon mashed potato mixture back into potato skins, mounding tops.
- Bake at 350 degrees for 20 minutes.