

# Canned Salmon Recipes



## Five Reasons to Eat Salmon

- ❖ Salmon's amazing omega-3 fatty acids can help support brain function by improving memory - as well as boosting eye health.
- ❖ Selenium in the fish can help protect the body from free radical damage and is great for healthy hair, skin, nails, and bones.
- ❖ A diet rich in salmon can be beneficial for sore joints.
- ❖ Salmon is one of the few dietary sources of vitamin A available. Also known as the sunshine vitamin, vitamin D has important functions within the body including immune system regulation.
- ❖ Research shows salmon and its omega-3 fats can help prevent heart disease by lowering triglycerides in the body.

## Grandma's Famous Salmon Cakes

### You will need:

1 (7.5 oz) can Arctic Star Wild Alaska Red Salmon      1 egg, beaten  
 $\frac{1}{2}$  small onion, diced       $\frac{1}{2}$  tsp. ground black pepper  
1-1/2 tbsp. vegetable oil

### Instructions:

- Pick through the salmon to remove any bones skin.
- In a mixing bowl, beat the egg and add the onion, salmon, and pepper. Mix thoroughly.
- Shape in 2 ounce cakes; about 4 cakes. Heat the oil in a frying pan over medium heat.
- Fry each cake for 5 minutes on each side or until crispy and golden brown.

## Alaska Salmon Tacos

### You will need:

1 (7.5 oz) can Arctic Star Wild Alaska Red Salmon, drained, chunked, and picked through  
 $\frac{1}{3}$  -  $\frac{1}{2}$  cup fresh or bottled salsa      6 (6.5 inch) corn tortillas  
 $\frac{2}{3}$  cup refried beans       $\frac{1}{4}$  cup cheddar cheese  
1 cup shredded lettuce or cabbage       $\frac{2}{3}$  cup fresh tomatoes, chopped  
salsa, to taste      cilantro, to taste

### Instructions:

- Preheat oven to 350 degrees F. Mix salmon with salsa and hold aside.
- Place tortillas on sheet pans in a single layer. Spread cheese and beans evenly onto the tortillas.
- Place in oven until warm and cheese is melted (5 - 8 minutes).
- Remove from oven and divide salmon mixture evenly among tortillas.
- Top with lettuce or cabbage and tomatoes. Serve with extra salsa and cilantro.

## Mini Salmon Loaf

### You will need:

2 (7.5 oz) cans Arctic Star Wild Alaska Red Salmon	1 egg beaten
1 tsp. lemon juice	2/3 tsp. salt
2 tbsp. chopped onion	1 tsp. melted butter or cooking spray
3/4 cup bread crumbs	

### Instructions:

- Heat oven to 350 degrees F. Generously grease small meatloaf pan.
- In mixing bowl, flake salmon and remove bones and skin.
- Add egg, salt, lemon juice, onion, butter, and bread crumbs. Mix well. Press mixture into meatloaf pan.
- Bake uncovered for 50 minutes or until golden brown and inserted knife comes out clean.

## Karen's Salmon Salad

### You will need:

1 (7.5 oz) can Arctic Star Wild Alaska Red Salmon , bones and skin removed	
1 (16 oz.) package elbow macaroni	2 ripe tomatoes, diced
4 green onions, diced	2 dill pickles, diced
1/2 cup mayonnaise	salt and pepper to taste

### Instructions:

- Bring a large pot of slightly salted water to a boil.
- Add pasta; cook for 8 - 10 minutes or until al dente; drain
- When pasta has come to room temperature, combine it with tomatoes, green onions, pickles, salmon, mayonnaise, salt and pepper in a large bowl and mix well.
- Chill before serving.

## Geri's Salmon Spread with Lettuce Leaves

### You will need:

1 (7.5 oz) can Arctic Star Wild Alaska Red Salmon	1/4 cup finely sliced green onions
2 - 3 hard boiled eggs	1/4 cup chopped sweet pickles
mayonnaise or Miracle Whip to taste	6 large lettuce leaves, any variety

### Instructions:

- In a medium bowl, mix all ingredients together.
- Wrap salmon mixture in lettuce leaves and serve.

## Straight-Out-of-the-Can Ideas

### You will need:

1 (7.5 oz) can Arctic Star Wild Alaska Red Salmon

### 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.