

Recipes Using Canned Salmon



Neighbors, Inc., South St. Paul, MN 55075

Salmon Nutrition Facts from Healthline.com

Canned salmon is a nutritional powerhouse that provides several health benefits.

- Salmon is high in omega-3 fatty acids which can lower blood pressure and reduce inflammation.
- Consuming salmon may help you manage your weight by temporarily boosting your metabolism and decreasing belly fat.
- A daily 3.5 serving of salmon provides 75-85% of selenium, a mineral that improves bone health and protects against certain kinds of cancer.
- Consuming salmon can help prevent heart disease by increasing levels of omega-3 fats.
- Frequent consumption of salmon can preserve brain function and decrease the risk of cognitive decline and dementia.

Salmon Patties

You will need:

1 (14.5 oz.) canned salmon, pink or red	1 tbsp. olive oil	$\frac{1}{2}$ cup dry plain breadcrumbs
1 tsp. garlic powder	$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ - $\frac{1}{2}$ tsp. red pepper flakes
2 tbsp. fresh parsley, chopped	4 tbsp. finely minced celery	2 eggs, slightly beaten
2 tbsp. finely minced sweet onion		

Instructions:

- Drain and flake the salmon apart. If desired, remove skin and bones from salmon.
- Mix salmon thoroughly with all of the ingredients. Form mixture into 1/3 cup size patties.
- Refrigerate patties for about two hours until they are firm.
- Heat 1 tbsp. olive oil over medium heat in a nonstick skillet. Cook patties, about 3 min., on each side.
- Flip patties once until golden brown and crispy. Place on a paper towel lined plate.
- Sprinkle with salt to taste. Serve on a toasted bun with greens and a smear of mustard.

Salmon Dip

You will need:

1 (14.5 oz.) canned salmon, pink or red	2 - 3 tbsp. fresh dill, chopped or $\frac{1}{2}$ tsp. dried dill	
2 - 3 oz. cream cheese at room temperature	$\frac{1}{4}$ cup green onion, chopped	$\frac{1}{4}$ cup mayonnaise
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. black pepper	2 tbsp. lemon juice
1 tsp. lemon zest	horseradish to taste, optional	crackers for serving

Instructions:

- Drain and flake the salmon apart. If desired, remove skin and bones from salmon.
- Add cream cheese, mayonnaise, dill, salt, pepper, lemon juice, horseradish, green onions, and lemon zest.
- Stir to combine or use electric mixer if creamier dip is desired.
- Cover with plastic wrap and chill until ready to serve. Serve with crackers and/or fresh cut veggies.

Salmon Meatloaf

You will need:

1 (14.5 oz.) canned salmon, drained and flaked	2 cups soft breadcrumbs	1/3 cup diced onions
1/4 cup low-fat milk	2 large fresh eggs	1 tbsp. lemon juice
2 tbsp. fresh parsley, chopped	1 tsp. dry dill weed	1/4 tsp. black pepper

Instructions:

- Preheat oven to 350 degrees F. Drain salmon and reserve 2 tbsp. liquid.
- If desired, remove skin and bones from salmon.
- Combine salmon, reserved liquid, bread crumbs, onion, milk, eggs, parsley, lemon juice, dill, and pepper.
- Place mixture in well-greased 8 1/2 x 2 1/2 inch loaf pan or shape into loaf on a greased baking pan.
- Bake for 45 minutes.

Salmon Wrap/Salad

You will need:

1 (14.5 oz.) canned salmon, pink or red	15 oz. can chickpeas (garbanzo beans), drained and rinsed	
1/4 cup green onions, including tops	3/4 cup diced cucumbers	1/4 cup diced dill pickles
1/2 cup chopped parsley, save half for garnish	salt and pepper to taste	

Dressing:

1 tbsp. Dijon or yellow mustard	1/2 cup mayonnaise	1 tbsp. lemon juice
1 tbsp. paprika	1 tsp. dried dill weed	

Instructions:

- Drain and flake salmon. If desired, remove skin and bones from salmon.
- Mix all dressing ingredients together and set aside.
- Combine salmon, chickpeas, cucumber, pickles, onions, and parsley. Mix gently with dressing.
- Add salt and pepper to taste. Serve with lettuce wraps, on a bed of lettuce, or on toasted bread.
- Note: If crunchy chickpeas are preferred, toss in 1/2 tsp. oil and 1/2 tsp. paprika.
- Spread on lined baking sheet and roast about 15 minutes at 425 degrees F.
- Stir occasionally until golden and crispy.

Salmon Pasta

You will need:

1 (14.5 oz.) canned salmon, drained and flaked	3 cloves garlic, chopped	1 tsp. fresh basil
1/4 cup olive oil	8 oz. spaghetti	red pepper flakes, to taste
Parmesan cheese, to taste		

Instructions:

- If desired, remove skin and bones from salmon. Saute garlic in olive oil. Add salmon and pepper flakes.
- Set aside. Boil spaghetti pasta until al dente and rinse. Add to salmon mixture and saute.
- Add basil. Add small amount of pasta water. Heat all together for 4 - 5 minutes.
- Garnish with cheese and pepper flakes to taste.

Salmon Snacks

Suggestions:

- It will be easier to remove the skin and bones from canned salmon if you refrigerate the can overnight before opening.
- Serve on toasted bagel with cream cheese, a squeeze of lemon, and maybe some sliced red onions or capers.
- Place salmon on some greens dressed with a little olive oil and lemon juice.
- Mix salmon with Dijon mustard, and finely chopped onions. It is deceptively easy and delicious on a cracker or bagel.
- Mix salmon with just a little lemon juice and cider vinegar.