



## Canned Salmon

*Canned with Bones*

Foods from the meat and beans group are a good source of protein. Protein is needed to build and repair cells. Canned salmon is a good source of protein. Canned salmon is fully cooked and can be eaten cold right out of the can or added to your favorite recipe to be served either hot or cold.

### Nutrition Information

Salmon is part of the meat and beans group, foods from the meat and beans group provide important nutrients like protein and iron.

Based on MyPyramid, 2 to 3 ounces of canned salmon provides 2 to 3 ounces from the meat and beans group.

A typical person should try to eat 5½ ounces of meat and beans every day.



### Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened canned salmon in a tightly covered plastic container in the refrigerator.

**Use within 2 days!**

**Do not use canned salmon if can is rusted, bulging, or dented! Throw it away!**

### Uses

- ✓ Spread salmon on whole wheat crackers or use as a filling in pita bread for a quick snack.
- ✓ Add salmon to prepared macaroni and cheese for an easy dinner.
- ✓ Mix salmon into a green salad for added protein.



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# Recipes and Tips



The bones of canned salmon are edible. If you eat the bones you get more calcium.

To use in a recipe, crush the bones with a fork. When the recipe ingredients are well mixed, the crushed salmon bones are not noticeable.

## Salmon Quiche

6 servings

- |   |                             |
|---|-----------------------------|
| 1 (9-inch) deep dish pastry shell, unbaked* | 1 c. Swiss cheese, shredded |
| 1 T. margarine                              | 1 (15 oz.) can salmon       |
| 1 c. onion, chopped                         | 4 eggs                      |
|   | 1 c. low-fat milk           |

1. Preheat oven to 425°F. Place pastry shell in a 9-inch deep dish pie plate. Bake pastry shell for 10 minutes and remove from oven.
2. Reduce oven to 350°F.
3. Heat margarine in a pan over medium heat. Add onion and sauté. Remove from heat. Add Swiss cheese and salmon. Mix well and put in pie shell.
4. In a bowl, lightly beat the eggs. Add milk. Pour over salmon mixture in pastry shell.
5. Bake for 45 to 50 minutes.

\* Tastes great without a pie shell too!

**Nutrition Information per Serving:** Calories 390, Total Fat 22 g (34% DV), Saturated Fat 9 g (34% DV), Cholesterol 215 mg (72% DV), Sodium 570 mg (24% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 1 g (2% DV), Sugars 5 g, Protein 28 g, Vitamin A 10%, Vitamin C 4%, Calcium 40%, Iron 8%.

## Salmon Bake or Burgers

6 servings

- |   |                                   |
|---|-----------------------------------|
| 1 $\frac{2}{3}$ c. coarse cracker crumbs* | 1/2 c. celery, chopped (optional) |
| 1/2 small onion, chopped                  | pepper, to taste                  |
| 1 (15 oz.) can salmon                     | salt, to taste                    |
| 2/3 c. low-fat milk                       |                                   |
| 2 eggs, well beaten                       |                                   |

### For the Salmon Bake:

1. Preheat oven to 350°F. Grease a 9x5-inch loaf pan. Set aside.
2. In a bowl, mix all ingredients together. Mixture will be moist.
3. Place in prepared loaf pan. Bake for 40 to 50 minutes.

### For the Salmon Burgers:

1. In a bowl, mix all ingredients together. Mixture will be moist.
2. Spray a skillet with non-stick cooking spray. Heat skillet. Drop fish mixture onto skillet using a 1/3 or 1/2 cup measuring cup. Brown on both sides.

\* Dry bread crumbs, crushed unsweetened cereal, or uncooked oatmeal can be used instead of cracker crumbs.

**Nutrition Information per Serving:** Calories 230, Total Fat 9 g (13% DV), Saturated Fat 2.5 g (12% DV), Cholesterol 120 mg (41% DV), Sodium 730 mg (29% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 1 g (3% DV), Sugars 2 g, Protein 19 g, Vitamin A 4%, Vitamin C 2%, Calcium 20%, Iron 10%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>