



# Give Your Family More of the Good Stuff!



## Salmon Basics

*Omega-3 Fatty acids found in salmon  
help reduce the risk of heart disease*



Small bones are soft after canning. They can be mashed and eaten for more calcium.

### Shop and Save

- Choose fresh salmon that has either a salty ocean-like scent, or no scent at all. The flesh should be firm and deeply colored. Skin and flesh should be shiny and bright.
- Commercially frozen salmon is flash-frozen soon after harvest. Look for fish in vacuum-sealed bags.
- Canned salmon usually costs less than fresh and is cooked and ready to use.
- If you catch your own salmon, keep it very cold until cooked or processed by freezing or canning.



### Types of Salmon

There are many types of fresh and canned salmon.



#### Canned

Pink salmon has a light color and mild flavor.



Red (Sockeye) salmon has a more intense flavor and color.

Traditional pack includes skin and bones; skinless and boneless packs are also available.

#### Fresh / Frozen

Wild salmon – tends to be darker colored; may be more expensive than farmed salmon.  
Farmed salmon – may be lighter in color; not all species are available.

Salmon is commonly available as:

- Whole or sections of whole fish - with skin and bones.
- Filets or fillets - lengthwise boneless cuts.
- Steaks - crosswise cuts about an inch thick with skin and bones.



### Store Well Waste Less



**Fresh salmon should be kept ice cold at all times until cooking. Storage time is short (approximately 1 day) before cooking or freezing.**

**Frozen salmon is best used within 6 months. Defrost frozen salmon in the refrigerator and use right away.**

#### Canned Salmon

- Shelf life can be 3-6 years.
- After opening, canned salmon should be used within 3 days. Seal it in an airtight container or bag. Leftovers can also be frozen.

# Cooking with Salmon

## Salmon Patties

### Ingredients:

- 1 can (14.75 ounce) **salmon**, drained
- 1 slice of **bread**, torn into very small pieces
- 1 tablespoon light **mayonnaise**
- 1 tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup **celery**, finely chopped
- ½ cup **carrot**, finely chopped or grated
- ½ cup **onion**, finely chopped

### Directions:

1. Remove skin and large bones from salmon. In a medium bowl break up salmon and mash small bones with a fork.
2. Add the rest of the ingredients. Mix well.
3. Firmly press about ½ cup of the mixture into a 1 inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and heat over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

Makes 4 patties

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Go to  
[FoodHero.org](https://www.foodhero.org)  
for easy, tasty  
salmon recipes

## Salmon Salad Mix

### Ingredients:

- 1 can (14.75 ounce) **salmon**, drained
- ¼ cup **pickle relish** (dill or sweet) or chopped pickles
- ¼ cup plain **nonfat yogurt**
- 2 Tablespoons light **mayonnaise**
- 2 Tablespoons **lemon juice** (about ½ lemon)

### Directions:

1. Remove skin and large bones from salmon. In a medium bowl, break up salmon and mash small bones with a fork.
2. Add relish, yogurt, mayonnaise and lemon juice.
3. Mix together until well combined.
4. Chill before serving. Serve on a bed of salad greens or use as a sandwich filling.
5. Refrigerate leftovers within 2 hours.

Makes 1½ cups

Prep time: 10 minutes plus chilling

## Quick Fix

- Use salmon instead of tuna.
- Add to Corn or Potato chowders.
- Try salmon in an omelet or salad.
- Add to pasta dishes.

## Cooking Salmon

Salmon can be grilled, poached, baked, steamed, fried or planked. Serve with a fruit or veggie salsa to reduce the calories from mayonnaise based tartar sauce.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- tear bread
- beat eggs
- measure ingredients
- mash soft bones with a fork