



Give Them More
of the
Good Stuff!

Salmon Basics

Shop and Save

- Choose fresh salmon with a mild, ocean-like smell. The flesh and skin should be moist, firm and bright.
- Frozen salmon is often flash-frozen and vacuum packed soon after harvest to lock in flavor and texture.
- Wild salmon tends to be darker colored and often costs more than farmed salmon.
- Canned salmon is cooked and ready to use, and often costs less than fresh.
- Smoked or dried salmon often costs more than fresh or frozen unless you make it yourself.

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



Salmon is a lower-mercury fish. All adults and children can enjoy 2 to 3 servings of lower-mercury fish a week.



Canned Salmon

- Pink salmon has a light color and mild flavor.
- Red (Sockeye) salmon has a more intense color and flavor.
- Traditional pack includes skin and bones.
- Skinless and boneless packs are usually more expensive.

Salmon bones are soft after canning. They add calcium when mashed and mixed in.

Salmon skin also softens when canned and is a rich source of omega-3 fatty acids. It can be mixed in with other ingredients for extra nutrition.

Store Well Waste Less

Fresh salmon must be kept ice cold (32 degrees F) at all times until cooked or processed. If unable to use within two days, pat dry, wrap tightly, label with the date and freeze.

Frozen salmon is best used within 6 months. Defrost in the



refrigerator and use within a day. You can also cook it from frozen. (See *No time to thaw?* on second page.)

Canned salmon can keep for 3 to 6 years. After opening, refrigerate any unused salmon for up to 3 days in an airtight container. Leftovers can also be frozen.



Salmon Culture

Salmon are part of the cultural and spiritual identity of many Columbia River Basin tribes of the Pacific Northwest.



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for easy, tasty
salmon recipes

Salmon Patties

Ingredients:

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

Directions:

1. Remove skin from salmon if desired. In a medium bowl break up salmon and mash 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

Oven Baked Salmon

Ingredients:

- 1 Tablespoon **oil**
- 12-16 ounces fresh or thawed **salmon**, cut into 3 or 4 pieces of similar size
- ¼ teaspoon **salt** and **pepper**

Directions:

1. Preheat the oven to 450 degrees F.
2. Place the salmon, skin side down, on a foil-lined baking pan. Drizzle the flesh with oil and sprinkle on the salt and pepper.
3. Bake the salmon for 10 to 15 minutes, depending on the thickness and size of the fish pieces.
4. The salmon has cooked long enough when it is opaque on the outside and flakes when tested with a fork. If you have a food thermometer, check in the middle of a piece for a temperature of 145 degrees F.
5. Remove the pan from the oven and serve the salmon skin side down.
6. Refrigerate leftovers within 2 hours.

Prep time: 5 minutes

Cooking time: 15 to 20 minutes

Makes: 4 servings

No time to thaw?

Bake salmon from frozen:

Preheat the oven to 450 degrees F. Place the frozen salmon pieces in a foil-lined baking dish. Tightly cover the dish (without the cover touching the salmon) and bake for 15 minutes.

Remove the cover, drizzle the salmon with oil, season with salt and pepper and cook uncovered for 10 to 12 minutes until it is opaque on the outside and flakes when tested with a fork.

 **Kids Can!**

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**