

10 WAYS TO USE CANNED SALMON

If you have a can of salmon in your pantry, you have the beginning of many tasty, quick meals! Here are 10 ideas to get you started.



1. Salad for sandwiches, lettuce wraps or crackers: finely chop a rib of celery and half a red onion. Stir in a 14-ounce can of salmon, a few tablespoons of mayo, a little lemon juice and black pepper.

2. Chowder: chop and sauté an onion, green bell pepper and two celery ribs in canola oil in a large pot until tender. Stir in two tablespoons of flour, 2 chopped carrots and a few diced red potatoes. Add 3 cups broth and bring to a boil. Simmer 20-25 minutes and add salmon, 2 cups of low fat milk and a cup of corn kernels. Heat through and season to taste.



3. Casserole: combine 3-4 cups cooked pasta with with a minced onion, a cup of thawed frozen peas and a can of reduced fat/reduced sodium can of cream of mushroom soup. Break up salmon and add to mixture. Place in greased casserole dish. Top with buttered bread crumbs and bake at 350 degrees about 30 minutes.

4. Patties: combine salmon with half a package of thawed, drained frozen spinach, a cup of bread crumbs, 2 eggs, 1/2 cup milk and salt and pepper to taste. Form into 10 patties and brown in large skillet with 2 tablespoons canola oil, about 4 minutes per side.



5. Rice bowl: combine fresh or cooked frozen stir-fry vegetables with salmon and teriyaki sauce. Serve over cooked brown rice.

6. Hash browns: add to raw shredded potatoes with onion powder, salt and pepper to taste. Divide into patties and cook over medium-high heat in a large skillet with a few tablespoons canola oil until browned on both sides.



7. Pasta salad: cook 2 cups whole-wheat pasta according to package directions. Finely chop a red onion and 1-2 ribs of celery. Add 1/2 cup reduced fat mayo and a teaspoon of Dijon mustard. Stir in salmon and a little lemon juice, if desired.

8. Frittata: chop a red bell pepper and medium onion; saute about 5 minutes. Add a thawed package of frozen spinach (squeezed dry), salmon, 8 beaten eggs and salt and pepper to taste. Place in greased casserole dish and bake at 350 degrees for 30 minutes until set and lightly browned.



8. Quesadillas: combine salmon with shredded cheese and a few tablespoons of your favorite salsa. Spread onto one side of a tortilla and place in a skillet over medium-high heat until tortilla is lightly browned. Fold in half and serve.

10. Dip: combine a 14-ounce can salmon with 1 package of reduced fat cream cheese, a small container of nonfat plain Greek yogurt, lemon juice, chives and a little hot sauce. Mash together or pulse until smooth in a food processor.