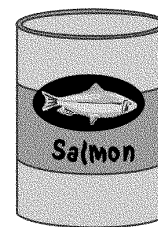


Cooking with Canned Salmon



Salmon is a source of protein and calcium—two nutrients that help our bodies grow and stay healthy.

One serving is equal to about 3 ounces, which is about the size of a deck of cards. A 14.75-ounce can contains about 4 servings.

How to store it

For best quality, store unopened canned salmon in a cool, dry place. Use it within 1 year of receiving it.

Once canned salmon is opened, use it right away. Refrigerate any leftover salmon in a covered container and use it within 1 day.

Salmon Loaf (makes 4 servings)

What you need

- 14.75-ounce can salmon
- ¼ cup liquid from canned salmon
- 10¾ ounce can cream of celery soup
- 1 cup dry bread crumbs
- 2 eggs, beaten
- ½ cup chopped onion
- 1 teaspoon lemon juice

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Drain the canned salmon, keeping ¼ cup of liquid.
3. Remove any skin and bones that might be in the canned salmon.
4. Mix the salmon, liquid, soup, bread crumbs, eggs, onion and lemon juice.
5. Press the mixture into a greased 9- by 5-inch loaf pan.
6. Bake at 375 degrees F for about 1 hour. Cool it for 10 minutes before removing it from the pan.

Alaska Salmon Shepherd's Pie (makes 3 to 4 servings)

What you need

- 14.75-ounce can salmon
- 15-ounce can mixed vegetables, drained
- 2 cups cooked mashed potatoes
- Paprika (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Drain the salmon, keeping 2 tablespoons of liquid.
3. Mix the salmon with the drained vegetables and the salmon liquid.
4. Place the salmon mixture in a 1-quart baking dish.
5. Spread the mashed potatoes over the top of the salmon mixture.

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