

COMMODITY FOODS

SALMON, CANNED



Storage

- Store unopened cans in a cool, dry place.
- Unopened can should be used within 3 years.
- After opening can, store unused salmon in a covered container in the refrigerator and use within 3 days.

Uses & Tips

- Bones in the canned salmon are soft and safe to eat. They are a good source of calcium. Crush the bones with a fork and mix into salmon meat.
- Salmon can be used in place of tuna in recipes for casseroles, salads, sandwiches, dips and spreads.

Salmon Pasta Salad Serves 8.

- 1 can (15 ½ oz) salmon, drained
- 8 ounces uncooked macaroni noodles or shells
- 2 medium tomatoes, cut in pieces
- 2 cups sliced cucumber
- 1 cup mozzarella cheese, shredded
- 1 Tbsp. parsley flakes
- 1 tsp. lemon juice
- 1/4 cup Parmesan cheese
- Low-calorie Italian salad dressing

Cook macaroni, drain, and cool. Set aside. Drain salmon and remove skin. Toss salmon with remaining ingredients in a large serving bowl. Toss with Italian salad dressing and serve immediately or refrigerate until ready to serve.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 11 g ~ calories from fat 100 ~ sodium 670 mg ~ total carbohydrate 25 g ~ fiber 1 g



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.