

## Cooking With Canned Salmon

### Key Nutrients

- Protein - builds and repairs skin, muscle, blood, bone and brain
- Calcium - builds bones and teeth
- B vitamins - turns food into energy

### Serving Size

2-3 ounces cooked salmon (about the size of a deck of cards) provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

### Storage and Safety

Store unopened cans in cool, dry place. For best quality, unopened cans should be used within 1 year.

Store leftovers in a covered container and refrigerate. Use within 1 day. Refrigerator temperature should be 33°F - 40°F.

Refrigerate leftover dishes made with canned salmon within 2-3 hours of cooking.

### Preparation and Cooking

Canned salmon is fully cooked and ready to use in your favorite recipes.

### Uses and Tips

Bones in canned salmon are soft and safe to eat. They are a good source of calcium. Crush the bones with a fork and mix into the salmon meat. Here are some ways you can use canned salmon:

- substitute canned salmon for canned tuna in casseroles, salads and sandwiches
- use canned salmon in your favorite dips and spreads
- add canned salmon to pasta salad or hot pasta dishes

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Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>