

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

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

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