



WIC...

**Healthy Habits,
Healthy Families**

Canned Salmon

Canned salmon is a good source of protein, B vitamins and calcium (if you eat the bones). Use canned salmon in casseroles, salads, dips and spreads.

Buying canned salmon...

- Look for plain, unseasoned pink salmon, with or without bones, packed in water.

Storing canned salmon...

- Store unopened cans in a cool, dry place.
- Use unopened cans within 3 years. Avoid freezing or exposure to direct sunlight.
- Do not use canned salmon if the can is rusted, bulging or dented.
- Store opened salmon in a tightly-covered plastic container in the refrigerator. Use within 3 days.

Enjoying canned salmon...

- Traditional-pack canned salmon has skin and small bones that you can eat. The bones are soft and are easily crushed into the salmon with a fork.
- Canned salmon can be substituted for canned tuna in many recipes.

Tuna/Salmon



Make family meals matter.

Lower the fat.

Salmon Patties

<http://nebraskanep.unl.edu>

This recipe uses four WIC foods: canned salmon, 1% milk, eggs and a vegetable you can buy with your cash-value vouchers.

Makes
6
servings

Ingredients...

- 15 ounces canned salmon, undrained
- ½ small onion, chopped
- ½ cup celery, chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅔ cup 1% milk
- 2 eggs, well beaten
- 1⅔ cup dry bread crumbs

Directions...

1. Put the salmon in a large bowl and crush the bones with a fork. Stir in the onion, celery, salt and pepper.
2. In a small bowl, mix the milk and eggs together. Add to the salmon and stir.
3. Stir in the bread crumbs, about ⅓ cup at a time until blended. The mixture will be moist.
4. Spray a large skillet with cooking spray. Heat the skillet over medium heat.
5. Divide the fish mixture into 6 portions. Use a large spoon to drop each portion onto the skillet. Press each portion into a patty. Brown on both sides, about 4 to 5 minutes on each side.

Condiments (optional): lemon slices or salsa

Nutrition information...

Calories 250, Fat 8g, Carbohydrate 24g, Protein 18g, Fiber 1g, Sodium 620mg, Cholesterol 110mg.

Family Goals

- My family and I will try salmon in a salad.
- My family and I will try salmon on whole-wheat crackers.
- My family and I will try a new salmon recipe.
- My family and I will try salmon in macaroni and cheese.
- Other _____



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