



Salmon, Pink, Canned

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 ounce of canned salmon counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- EPA and DHA are omega-3 fatty acids and can be found in in seafood. Eating 8 ounces of seafood per week may help reduce the risk of heart disease.
- Canned salmon supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Canned salmon is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned salmon can be eaten hot or cold. For a quick and healthy lunch, use canned salmon to make a sandwich or add to a salad.
- For a savory warm meal, add canned salmon to casseroles or soup.

Storing Foods at Home

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened salmon in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Salmon Cornmeal Muffins

Makes 6 servings

Ingredients:

non-stick cooking spray
1 (14 $\frac{3}{4}$ ounce) can salmon, undrained
 $\frac{1}{2}$ cup cornmeal
2 eggs
1 cup water
 $\frac{1}{4}$ cup instant nonfat dry milk

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Spray muffin pan with non-stick cooking spray.
3. In mixing bowl, flake salmon with a fork (do not drain juices) and remove any large bones or skin.
4. Mix in cornmeal, eggs, water and instant nonfat dry milk.
5. Spoon into muffin pan, filling each muffin cup $\frac{3}{4}$ full.
6. Bake for 30 minutes.
7. Serve warm or chilled.

Recipe adapted from The University of Tennessee Agricultural Extension Service

Salmon Patties

Makes 6 servings

Ingredients:

1 can (14 $\frac{3}{4}$ ounces) salmon, drained
1 egg
1 slice of whole wheat bread, shredded, or 5 saltine crackers, crushed
3 green onions (including the green stems) or $\frac{1}{3}$ cup white onion, chopped
1 medium clove garlic, minced or $\frac{1}{8}$ teaspoon garlic powder
Dash ground black pepper
 $\frac{1}{2}$ teaspoon seasoning (paprika, chili powder, or dill weed)
2 teaspoons oil

Directions: Wash hands with soap and water.

1. Remove any large bones and skin from salmon. Break salmon into chunks with a fork.
2. Break egg into a large bowl. Whisk with fork. Add salmon, bread or crackers, onion, garlic, pepper, and additional seasoning. Mix gently.
3. Form into 6 patties about $\frac{1}{2}$ inch thick.
4. Heat oil in a large skillet over medium heat. Place patties in skillet. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side 3-4 minutes. Serve immediately.

Recipe adapted from Iowa State University Extension and Research Source