

12 Great Ways to Use...

Salmon

Research shows that seafood is an important part of a balanced diet. Plan to eat fish or shellfish at least twice a week for maximum benefits. Salmon is a delicious and versatile choice often enjoyed as part of a Mediterranean Diet. This nutrient dense fish is low in calories and offers a healthy dose of omega-3 fatty acids that contributes to brain and heart health.

- 1.** Instead of your usual burger, make a salmon burger by mixing chopped (uncooked) salmon, chopped onion, an egg, and herbs of choice. Make into patties and grill; serve on a whole grain bun.
- 2.** Salmon spread is a great way to use leftover cooked salmon. Combine leftover salmon with mayonnaise, cream cheese or Greek yogurt and your favorite herbs. Serve with crackers.
- 3.** Bring some excitement to a regular green salad or a Caesar salad by adding grilled salmon. After dressing with olive oil, squeeze a lemon on the salad-salmon combination.
- 4.** Enjoy the classic New England 4th of July dinner—grilled salmon with freshly shelled peas. Marinate the salmon in equal amounts of soy sauce and olive oil, and then grill for your own fireworks celebration.
- 5.** For a simple stove-top preparation, cover a salmon filet with equal parts of water and white wine, add onions, celery, herbs and spices of choice. Bring to a boil, then reduce to a simmer and cook for 10 minutes (until the salmon starts to flake) and serve with a dill or mustard sauce.
- 6.** Pasta and salmon make healthy, quick, and delicious partners and can quickly become a family favorite. Roast lemon-marinated salmon chunks for 20 minutes and serve atop angel hair pasta, garnished with small amounts of grated cheese and parsley.
- 7.** For an easy and dramatic dinner party meal, prepare salmon in foil packets. Place a salmon steak or filet in the middle of a square of parchment paper or aluminum foil. Drizzle with olive oil, then top with lemon slices and aromatic herbs. Close the packet tightly and bake in the oven at 400°F for 20 minutes.
- 8.** Add a taste of fruit. Make a glaze by cooking a tablespoon or two of seedless jam and a spoonful of wine over low heat in a small saucepan until melted. Set aside. Cook the salmon filets or steaks on the grill skin side down and cook until almost done, without turning. Brush on the glaze and cook for 1 more minute.
- 9.** Smoked salmon is a brunch specialty that's delicious any day of the week. Place smoked salmon on a split bagel or whole wheat toast. Add herbed cream cheese, cucumbers, red onion and capers. Enjoy open-faced or as a sandwich.
- 10.** South of the Border salmon is quick and easy. Take a hard or soft taco shell and add your favorite taco ingredients (lettuce, tomatoes, cheese, peppers) along with cooked salmon. Top with guacamole and black bean salsa.
- 11.** Put grilled or smoked salmon on a slice of your favorite bread, add your cheese of choice, roasted peppers or tomatoes, and top with another slice of bread. Place in a panini press or cook in a hot skillet until toasted and serve with a crisp green salad.
- 12.** Coat a salmon filet with herbs of choice and olive oil. Place the filet, skin side down, under a pre-heated broiler and cook for approximately 7 minutes. Sprinkle with lemon juice and serve over brown rice or sautéed greens.



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