

# QUICK & EASY RECIPES

**ALASKA** Canned Salmon  
ASK FOR ALASKA®





## ALASKA SALMON BROCCOLI CHEDDAR BRUNCH BAKE

Makes 6 to 8 Servings    Prep Time: 75 minutes    Cook Time: 50 minutes

- |   |   |
|---|---|
| 8 eggs  | 2 cups (8 ounces) coarsely<br>grated Cheddar cheese   |
| 3 cups half-and-half or whole milk  | 1/2 cup grated Parmesan<br>cheese, divided  |
| 1 teaspoon salt   | 1 can (14.75 ounces) or 2 cans<br>(7.5 ounces each) traditional<br>pack Alaska Salmon or 2 cans<br>or pouches (6 to 7.1 ounces<br>each) skinless, boneless<br>salmon, drained and chunked |
| 1/4 teaspoon black pepper   |   |
| 1 Tablespoon minced fresh garlic  |   |
| 8 cups 1-inch-diced hearty French bread   |   |
| 3/4 cup sliced green onions   |   |
| 3 cups fresh blanched (see<br>method below) or thawed and<br>drained frozen broccoli florets,<br>cut into 1-inch pieces |   |

**In a large bowl, whisk together the eggs, half-and-half, salt, pepper and garlic until well combined. Add the bread, onions, broccoli and Cheddar cheese and half of the Parmesan cheese. Then fold in the drained salmon.**

**Place in a 9-by-13-inch baking pan. Cover and refrigerate for at least 1 hour or overnight (preferably) so the bread soaks up the egg mixture. Uncover and sprinkle the remaining Parmesan over the top.**

**When ready to serve, bake in a preheated 350°F oven for approximately 45 to 50 minutes or until puffy and golden and a knife inserted in the center comes out clean.**

*Tip: Quickly blanch fresh broccoli by placing in a loosely covered microwavable container and cooking on high for 1 minute or until just bright green.*

## ALASKA SALMON CAKES with YOGURT DILL SAUCE

Makes 4 Servings    Prep Time: 15 minutes    Cook Time: 6 minutes

1 egg  
1/4 cup small-curd nonfat cottage cheese  
1 Tablespoon chopped fresh dill or 1 teaspoon dried dill weed  
1 teaspoon lemon pepper seasoning  
1/4 cup sliced green onions  
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked  
3 Tablespoons garlic-and-herb bread crumbs  
Vegetable oil  
Yogurt Dill Sauce (recipe follows)

In a medium bowl, whisk egg lightly. Add cottage cheese, dill, lemon pepper and green onions, and mix well. Mix in drained salmon, then sprinkle in bread crumbs and mix well. Shape mixture into 4 patties, 1/2- to 3/4-inch thick and 3 inches in diameter.

Heat a nonstick skillet over medium-high heat and brush skillet with oil. Fry the salmon cakes for about 2-1/2 to 3 minutes per side. Cakes should be crisp and golden on the outside and still moist on the inside.

Serve with Yogurt Dill Sauce.

*Tips: For a crunchy coating, lightly dust salmon cakes with fine cornmeal before frying. For an appetizer, form cakes into 12 small portions and dollop with a little sauce.*



### Yogurt Dill Sauce

Makes about 3/4 cup    Prep Time: 5 minutes

1/2 cup nonfat yogurt  
1-1/2 teaspoons finely minced fresh garlic  
Salt and pepper  
1 Tablespoon chopped fresh dill or 1 teaspoon dried dill weed  
1/4 cup grated cucumber (squeeze dry)

Mix yogurt and garlic, and add salt and pepper to taste. Stir in dill and cucumber. Refrigerate, covered, until ready to serve.



## ALASKA SALMON FLORENTINE STUFFED POTATOES

Makes 6 Servings   Prep Time: 15 minutes   Cook Time: 80 minutes

6 large, unpeeled Russet potatoes (about 3 pounds total)  
4 cups (3 ounces) lightly packed baby spinach leaves  
1 Tablespoon finely minced fresh garlic  
1/4 cup milk  
1/3 cup regular or fat-free sour cream  
1/2 cup shredded Swiss cheese  
1/4 cup shredded Parmesan cheese  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked  
Grated cheese for sprinkling on top

Preheat oven to 400°F. Wash and prick the potatoes and bake for 45 to 55 minutes, or until very tender. Remove from oven and let sit 10 minutes. (Increase oven temperature to 425°F.)

Place spinach and garlic in a large microwavable container; cover loosely with plastic wrap. Microwave on high for 1 to 2 minutes or until spinach is just barely wilted. Remove from microwave and set aside.

In a mixer with a paddle attachment, mix the milk, sour cream, cheeses, salt and pepper. Cut the tops off cooled potatoes (lengthwise) and scoop out the potato pulp, leaving a 1/2-inch shell. Add the pulp to the mixer bowl and mix until evenly combined but not over-whipped. Then add the wilted spinach mixture and salmon and stir in to combine.

Scoop the mixture back into the potato shells, dividing it evenly and piling up. Sprinkle with a little more cheese, if desired. Place potatoes on a baking sheet and bake for about 20 to 25 minutes or until golden and heated through.

## ALASKA SALMON GREEK-STYLE STUFFED PITA POCKETS

Makes 4 Servings   Prep Time: 20 minutes

1/2 cup Greek or Italian vinaigrette dressing  
1 Tablespoon chopped fresh oregano or 1 teaspoon dried oregano  
2 teaspoons minced fresh garlic  
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked  
1 large ripe tomato, diced  
1/2 cup diced white or red onion  
1/2 cup diced cucumber  
3/4 cup diced red or green bell pepper  
1/3 cup chopped black or Kalamata olives  
1/3 cup crumbled Feta cheese  
4 large pocketed pitas  
8 leaves green leaf lettuce  
Tzatziki sauce, purchased (optional)



**In a large bowl, whisk together the vinaigrette, oregano and garlic. Add the drained salmon, tomato, onion, cucumber, bell pepper, olives and Feta cheese. Toss to combine and coat with dressing.**

**Cut pitas in half and insert a leaf of lettuce into each one. Divide salmon salad between pitas.**

*Tip: The pitas can also be lightly grilled. Place the whole pitas on a hot grill and cook on each side for about 1 minute, or until light grill marks form and pitas are warmed.*



## ALASKA SALMON PASTA PUTTANESCA

Makes 6 Servings   Prep Time: 5 minutes   Cook Time: 25 minutes

- 1 Tablespoon olive oil
- 1 small white onion, diced
- 1 small yellow pepper, diced
- 3 cloves garlic, finely minced
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 1 jar (25 ounces) marinara with herbs pasta sauce
- 2 Tablespoons capers, drained
- 1/2 cup pitted Kalamata olives, chopped
- 1/4 cup chopped fresh basil
- 1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked
- 1 pound whole wheat prep penne pasta

**In a large heavy saucepan, heat the oil over medium-high heat until hot. Add the onion and pepper and cook, stirring often, for 5 to 7 minutes or until soft. Add the garlic and red pepper flakes, and cook, stirring often, for 1 minute.**

**Add pasta sauce, capers, olives and basil. Heat until hot, then fold in salmon, reduce heat to low and keep warm while you cook the pasta.**

**Cook the pasta according to package directions, drain well, then toss with 1 cup of the sauce. Divide between 6 bowls and top with remaining sauce.**



## ALASKA SALMON PESTO PASTA SALAD

Makes 8 to 10 Servings    Prep Time: 10 minutes    Cook Time: 15 minutes

8 ounces dry, small shell pasta  
2 to 3 teaspoons garlic, finely minced  
1/2 cup prepared basil pesto  
1/2 cup high-quality light Italian salad dressing  
1 zucchini, cut in 1/2-inch half-moon slices  
1 pint cherry tomatoes, halved  
1 small red onion, thinly sliced  
3/4 cup frozen peas, defrosted  
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack  
Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless,  
boneless salmon, drained and chunked  
Salt and pepper, to taste

**Cook the pasta according to package directions, drain well. Let cool slightly then toss with the garlic, pesto and dressing. Set aside.**

**Meanwhile, put the zucchini in a covered microwavable container and cook on high for 2 minutes or until just tender and bright green.**

**Toss the blanched zucchini, tomatoes, onion and peas into the pasta and stir to combine. Break the salmon into large chunks then gently fold in. Season to taste with salt and pepper. Serve immediately or chill before serving.**

*Tip: This salad is best tossed together right before serving so pesto and flavors stay bright.*

## ALASKA SALMON SALAD SANDWICHES

Makes 4 Sandwiches    Prep Time: 15 minutes

### Salmon Salad:

1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked

1/3 cup light mayonnaise

1 Tablespoon lemon juice

2 teaspoons Dijon mustard

1 Tablespoon capers, drained, chopped if large (optional)

1/3 cup finely diced celery

1/3 cup finely diced onion

1/4 cup dill or sweet pickle relish, drained

Dash of Tabasco or pinch of black pepper

1 Tablespoon chopped fresh dill or 1/2 to 1 teaspoon dried dill weed

8 slices whole-grain bread

24 thin slices cucumber

4 leaves green or red leaf lettuce

**In a medium bowl, combine salad ingredients; stir to combine well.**

**Lay out bread slices and divide salad between 4 slices of bread. Top each with 6 slices of cucumber and a leaf of lettuce. Place remaining slices of bread on top and cut each sandwich in half, crosswise.**







## CREOLE SALMON-STUFFED BELL PEPPERS

Makes 6 Servings   Prep Time: 15 minutes   Cook Time: 60 minutes

6 short, blocky whole green or red bell peppers  
2 teaspoons vegetable oil  
1 small red onion, chopped  
1 cup chopped celery  
4 cloves garlic, minced  
2 Tablespoons Old Bay or Creole seasoning  
1 can (14.5 ounces) Creole-style or stewed tomatoes with onions and green peppers, chopped up or crushed

2-1/2 to 3 cups cooked rice  
1/2 cup thinly sliced green onions  
1/3 cup (about 2 ounces) finely chopped ham (optional)  
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked

Preheat oven to 375°F. Spray a 9-by-13-inch glass baking dish with vegetable oil cooking spray, and reserve.

Cut top 1/2-inch off peppers, reserving the “lids.” Remove seeds and membranes from peppers. In a microwave-safe dish or bowl, blanch the peppers and their lids, 3 at a time, covered with plastic wrap, for about 2 minutes on high or until just turning bright green. Let cool.

Meanwhile, make the filling: In a large, heavy sauté pan or skillet, heat the oil over medium-high heat until hot but not smoking. Sauté the onion and celery for about 3 minutes, add the garlic and sauté 30 seconds more. Sprinkle in the seasoning to taste. Add the tomatoes and bring to a boil. Then add the rice, green onions and ham. Remove from the heat and fold in the drained salmon.

Fill peppers with salmon mixture. Stand peppers upright in the baking dish, and top peppers with their lids.

Bake in preheated oven for about 45 minutes, or until the peppers are tender and heated through. Serve with the lids askew.

*Tips: If peppers are hard to keep upright in baking dish, crumple foil and fill gaps to help them stand up straight. Also, try serving peppers with a good tomato sauce, such as roasted garlic tomato sauce or your favorite Creole sauce.*

## HOT ARTICHOKE, ALASKA SALMON and PARMESAN DIP

Makes 6 cups, serves 12 to 20 people

Prep Time: 15 minutes Cook Time: 15 minutes

- 1 package (8 ounces) cream cheese
- 1 cup mayonnaise (Note: Do not use reduced-fat or fat-free mayonnaise for this recipe.)
- 1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked
- 3/4 cup very thinly sliced white onion
- 1/2 cup minced green onions
- 1/2 cup minced celery
- 1/2 to 1 teaspoon hot pepper sauce
- 2 teaspoons minced garlic
- 1 Tablespoon fresh lemon juice
- 1 can or jar (13.5 ounces to 14.75 ounces) artichoke hearts (not marinated), drained well and coarsely chopped
- 3 cups (8 ounces) shredded, high-quality Parmesan cheese
- Garnish: Minced fresh parsley or thinly sliced green onions

In a medium bowl cream the cream cheese until soft, then beat in the mayonnaise until just blended. Do not over-mix. Fold in salmon and remaining ingredients, except garnish, until well combined.

Place dip in an 8-inch square baking dish or ovenproof serving dish. Smooth out but do not compact dip. (Dip can be covered and refrigerated for up to 3 days at this point.)

When ready to serve dip, place in a preheated 425°F oven. Bake for 12 to 15 minutes or until dip just starts to bubble around the edges, is heated through and the cheese is melted. If desired, sprinkle with parsley or green onions. Serve immediately.





## SOUTHWEST SALMON FRITTATA

Makes 6 to 8 Servings    Prep Time: 15 minutes    Cook Time: 15 minutes

- 8 large eggs
- 2 teaspoons minced fresh garlic
- 1 Tablespoon taco seasoning, divided
- 1 Tablespoon vegetable oil
- 1/2 cup thinly sliced onion
- 1 cup sliced mushrooms
- 1/2 cup diced roasted peppers, divided
- 1 cup sliced cooked red potatoes (about 3 potatoes)
- 1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional pack Alaska Salmon or 2 cans or pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked
- 3/4 cup shredded Pepper Jack cheese
- Garnishes: salsa, fat-free sour cream, sliced green onions

In a large bowl, whisk the eggs, garlic and 1-1/2 teaspoons taco seasoning until frothy.

Heat a large (10-inch) nonstick oven-proof skillet over high heat, then add and heat the oil. Sauté the onions and mushrooms for about 4 to 6 minutes, or until just getting soft. Add half of the roasted peppers and the potatoes. Sprinkle with the remaining 1-1/2 teaspoons taco seasoning, and stir around gently. Pour in the egg mixture. Reduce the heat and, as the eggs cook, quickly and gently push the outer edges towards the center with a spatula, letting the uncooked egg mixture run down underneath the cooked eggs. Continue until eggs are about half set. Do not stir.

Scatter the drained salmon evenly over the frittata then sprinkle with the remaining roasted peppers and the cheese. Place pan in oven and bake until eggs are set and just puffy, about 6 minutes.

Slice into wedges and serve directly from the pan. Serve topped with dollops of salsa and sour cream and garnish with a sprinkle of green onions.

# ALASKA SALMON – NATURALLY A WORLD APART

Wild salmon swim freely in Alaska's pristine waters, their abundance and sustainability protected by law and the careful management practices of Alaska's fishing families.

Wild Alaska Salmon is one of the richest sources of omega-3 fatty acids – especially EPA and DHA – selenium and vitamin D of any foods. It also provides easily digested protein and several B vitamins, all part of a healthy balanced diet. Just as important, Wild Alaska Salmon is low in environmental contaminants, including methylmercury, so it is safe for people of all ages, including pregnant and nursing women and young children.

- **Traditional pack** canned salmon contains skin and delicate, edible bones that are rich in calcium and magnesium. Pressure-cooked in the can, they are so soft they can be easily blended into the salmon with a few swishes of a fork, adding extra nutrients and flavor.
- **Skinless, boneless** wild Alaska Salmon is available in 6-ounce cans and convenient 3-ounce and 7.1-ounce pouches.

Pink Salmon has a light color and mild flavor, while Red (or Sockeye) Salmon has a richer, more intense flavor and color – either variety works beautifully in these recipes.

Find out how easy – and delicious – eating healthier can be with Wild Alaska Salmon.

**For more information and recipes, visit the Alaska Seafood Marketing Institute at [www.wildalaskaflavor.com](http://www.wildalaskaflavor.com)**



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