

Make Waves with Canned Tuna & Salmon!

Sailing into Flavor: Nutritious, Convenient, and Affordable

Canned tuna and salmon are excellent sources of protein, omega-3 fatty acids, and essential vitamins and minerals. They are easy to store, long-lasting, and versatile for a wide variety of meals.

How to Choose the Right Canned Tuna or Salmon

- 1. Look for "Wild-Caught" Options:**
 - Wild-caught fish tend to have better nutrition and are more sustainable for the environment.
- 2. Choose BPA-Free Cans:**
 - Check the label for cans that are labeled "BPA-free" to ensure your food isn't exposed to harmful chemicals.
- 3. Check for Low Sodium:**
 - Many canned fish products contain added salt. Choose those labeled "low sodium" or "no added salt" to control your salt intake.
- 4. Opt for Light Tuna or Pink Salmon:**
 - Light tuna and pink salmon generally contain less mercury than their white tuna or red salmon counterparts.
- 5. Look at the Ingredients:**
 - Keep it simple! The best canned fish should only have fish, water (or oil), and sometimes salt. Avoid those with unnecessary additives.

Storage Tips for Canned Tuna or Salmon

- **Before opening:** Store cans in a cool, dry place, like a pantry or cupboard.
- **After opening:** Transfer leftover fish to a sealed container and store it in the refrigerator for up to 2 days.
- **Freezing:** Canned fish can be frozen for up to 3 months. Make sure to transfer it to an airtight container before freezing.

Why You Should Include Canned Tuna or Salmon in Your Diet

- **High in Protein:** Great for muscle repair and energy.
- **Rich in Omega-3s:** Supports heart and brain health.
- **Convenient and Affordable:** A great budget-friendly option for quick, nutritious meals.
- **Versatile:** Use it in salads, sandwiches, pasta, or tacos!

With canned tuna or salmon, you can create a nutritious meal in no time. Experiment with different flavors and ingredients to find your favorite recipes!

Sea-licious Tuna & Salmon Recipes



Salmon Patties

Ingredients:

- 1 can of salmon, drained and flaked
- 1/2 cup breadcrumbs
- 1/4 cup chopped green onions or onions
- 1 egg
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons olive oil (for frying)

Instructions:

1. In a large bowl, combine the flaked salmon, breadcrumbs, green onions, egg, mustard, garlic powder, salt, and pepper.
2. Mix well and form into small patties.
3. Heat olive oil in a pan over medium heat.
4. Fry the patties for 3-4 minutes on each side or until golden brown.
5. Serve with a side of vegetables or a light salad.



Salmon Tacos

Ingredients:

- 1 can of salmon, drained and flaked
- 4 small corn or flour tortillas
- 1/4 cup salsa
- 1/4 cup shredded lettuce or cabbage
- 1/4 cup chopped tomatoes
- 1/4 cup avocado slices
- Lime wedges
- Optional: sour cream or hot sauce

Instructions:

1. Warm the tortillas in a skillet or microwave.
2. Flake the canned salmon and season with a little lime juice, salt, and pepper.
3. Divide the salmon between the tortillas.
4. Top with salsa, lettuce, tomatoes, and avocado.
5. Serve with lime wedges and sour cream or hot sauce, if desired.



Tuna Melt

Ingredients:

- 1 can of tuna, drained
- 2 slices of whole-grain bread
- 2 slices of cheese (cheddar or Swiss)
- 2 tablespoons mayonnaise
- 1 tablespoon mustard (optional)
- 1 tablespoon butter

Instructions:

1. In a bowl, mix the drained tuna, mayonnaise, and mustard (if using).
2. Spread the tuna mixture evenly on one slice of bread.
3. Top with cheese and place the second slice of bread on top.
4. Heat butter in a skillet over medium heat. Once melted, add the sandwich and cook for 3-4 minutes on each side or until golden and the cheese has melted.
5. Serve warm and enjoy your delicious tuna melt!



Tuna-Stuffed Peppers

Ingredients:

- 1 can of tuna, drained
- 2 large bell peppers, halved and seeds removed
- 1/4 cup chopped red onion
- 1/4 cup chopped celery
- 1/4 cup shredded cheese (optional)
- 2 tablespoons mayonnaise or Greek yogurt
- 1 tablespoon Dijon mustard
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix together the tuna, onion, celery, mayonnaise (or yogurt), mustard, salt, and pepper.
3. Stuff the bell pepper halves with the tuna mixture.
4. If desired, sprinkle with cheese and bake for 15-20 minutes until the peppers are tender.
5. Serve hot and enjoy!

These recipes are simple, quick, and full of flavor—perfect for making the most of your canned tuna. Enjoy!