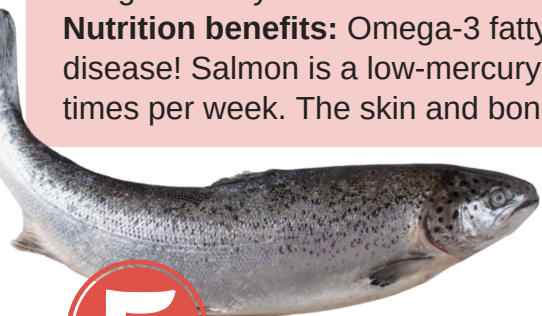


SALMON



Storage and preparation tips: Keep fresh salmon at 32°F and use within 2 days. Frozen salmon is best if used within 6 months - defrost in the fridge and use within 1 day. Canned salmon can keep for 3-6 years - refrigerate any unused canned salmon in an airtight container for up to 3 days.

Nutrition benefits: Omega-3 fatty acids (healthy fats) found in salmon can help reduce the risk of heart disease! Salmon is a low-mercury fish, so it is safe and nutritious source of protein for all ages to enjoy 2-3 times per week. The skin and bones in canned salmon provide extra omega-3 fatty acids and calcium!



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WAYS TO ENJOY SALMON:

Baked: Drizzle salmon fillets with olive oil, salt, and pepper, and bake at 400°F for 12-15 minutes (longer if cooking from frozen), or until fish flakes easily with a fork. Serve with your favorite veggies.

Skillet: Add salmon fillets to a skillet with oil over medium-high heat, and cook for 2-4 minutes on each side (longer if cooking from frozen), or until fish flakes easily with a fork. Add to pasta, stir fry, or a salad.

Grilled: Thaw salmon fillets if frozen. Rub fillets with olive oil and your favorite spices (salt, pepper, garlic powder, basil, chili powder, etc.). Cook on a grill over medium heat for about 5 minutes on each side (or until fish flakes easily with a fork).

Canned: Drain salmon and combine with mayo, plain yogurt, or avocado + your favorite spices to make an easy salmon salad.

Smoked: Add smoked salmon to avocado toast or cheese and crackers for a quick snack or appetizer.

ROASTED SALMON

with Maple-Mustard Sauce



Ingredients:

- 2 tablespoons brown sugar
- 3 tablespoons olive oil, divided
- 1 tablespoon lime or lemon juice
- 20 ounces salmon (4, 5-ounce fillets)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons maple syrup or honey
- 2 tablespoons Dijon mustard
- 1/4 teaspoon garlic powder

Instructions:

1. Preheat oven to 400°F. Line a baking dish or sheet pan with parchment paper or foil.
2. In a small bowl, combine brown sugar, 1 tablespoon olive oil, and lime/lemon juice.
3. Place the salmon on the baking sheet. Season with salt and pepper. Spread the brown sugar mixture over the top and sides of salmon fillets so all exposed surfaces are coated. Let sit for 10 minutes.
4. Roast salmon for 12-15 minutes or until cooked through and flaked easily with a fork. If desired, broil on high for 1-2 minutes at the end of cooking to let brown sugar caramelize further.
5. While salmon is roasting, whisk together maple syrup/honey, Dijon mustard, 2 tablespoons olive oil, and garlic powder.
6. Drizzle salmon with maple mustard sauce and serve with your favorite vegetables and rice.

Serves 4 (serving size = 1 fillet). Nutrition per serving: 443 calories, 29 g protein, 29 g total fat, 15 g carbohydrates, 0 g fiber, 318 mg sodium

Visit GleanersNutritionHub.org for more recipe ideas and cooking tips!