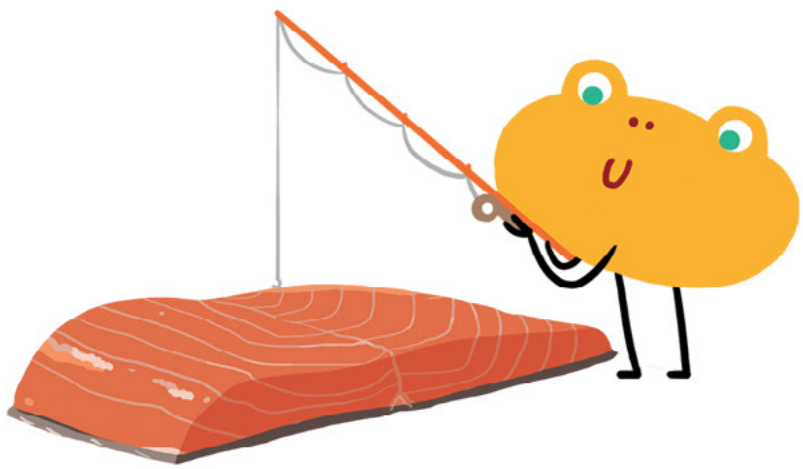


Did you know?

Whether it's canned or fresh, salmon is **one of the most popular types of fish**. The flavour of canned salmon may be a bit stronger than fresh, but it's great in recipes! Salmon also contains healthy fats that are good for children's development.



SALMON

5 ways to use it

- Just like tuna, you can use canned salmon to make a **spread** that's delicious in a sandwich or on crackers.
- Pasta served with a **white sauce** mixed with **salmon** is sure to be a hit!
- Little kids often love **chicken nuggets** and **mini-meatballs**. So, why not try making them with salmon?
- **Salmon pie** is a classic that we never get tired of!
- How about replacing your traditional hamburger with a **salmon burger**?

Choosing it

The best choices for canned salmon are the **plain** ones. Seasoned salmon is often fatter and saltier. Ideally, pick salmon with no added salt.

Good to know!

Are you finding **bones in your canned salmon**? Just crush them with a fork. They'll make your recipes even more nutritious.



Why we like it

Canned salmon is nutritious, cheaper than fresh salmon and a good way to add pink-coloured fish to your menu. It is also great to have on hand when you don't know what to make, since it is **pre-cooked** and easy to substitute into many different recipes.

Tip to reduce waste

If a recipe calls for less than a can of salmon, you can use the leftovers in an omelette, rice or salad, or to make nuggets. You can also freeze it to use later (keeps **4 to 6 months** in the freezer).

Storing it

Canned salmon can keep for up to **3 years**. Before opening it, make sure the can hasn't leaked and is not swollen. Once canned salmon is open, it will keep **3 to 4 days** in the fridge.