



FOOD BITES



January 2015

Canned Salmon Nutrition

Canned salmon is an economical and flavorful way to enjoy this healthy and flavorful fish. Canned salmon offers all of the health benefits of fresh or frozen salmon for a much lower cost per serving.

Good for the Heart

The American Heart Association recommends that healthy adults eat two 4-ounce servings of fish such as salmon and tuna per week. Salmon is a good source of protein and omega 3 fatty acids, which have been shown to lower the risk of coronary heart disease.

Lowers Blood Pressure

The omega 3 fatty acids found in canned salmon have been shown to lower blood pressure and reduce inflammation.

Canned Salmon Is Wild

Most canned salmon is wild, and this should be indicated on the label. Wild salmon has lower levels of harmful organic contaminants, such as PCB's, than farm-raised salmon. Both wild and farm-raised salmon have less than the government-specified limits of PCB's and are considered safe.

High In Calcium

Canned Salmon contains cooked bones. The bones can be eaten whole or mashed to add extra calcium to dishes.

Other Nutrients

Canned Salmon is an excellent source of calcium, niacin, vitamin B6, phosphorus and selenium.

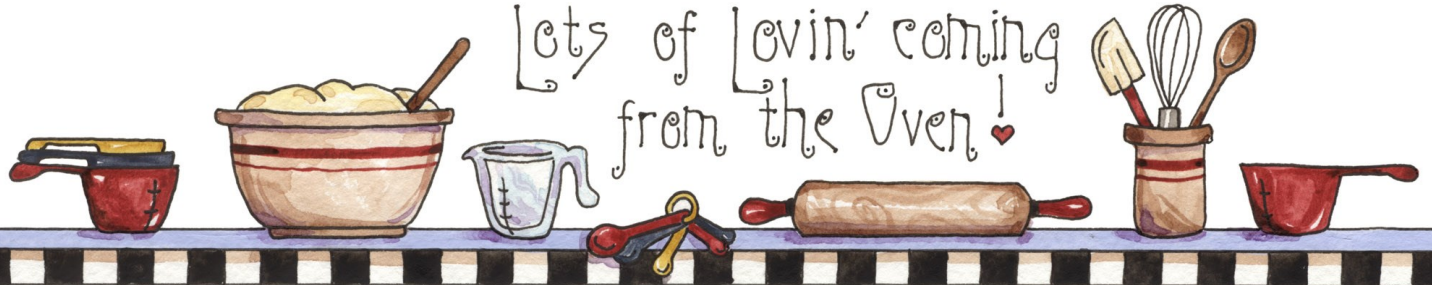


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Lots of Lovin' coming
from the Oven! ♥



Salmon Loaf

- 1 (14.75 ounce) can salmon, un-drained
- 1/2 cup crushed saltine crackers
- 1/2 cup milk
- 1 egg, beaten
- Salt and pepper to taste
- 2 tablespoons melted butter

Preheat oven to 350 degrees F (175 degrees C). In a mixing bowl, combine the salmon, cracker crumbs, milk, egg, salt, pepper, and melted butter. Mix thoroughly. Press the salmon mixture into a lightly greased 9x5 inch loaf pan. Bake in a reheated oven for 45 minutes or until done.

Salmon Chowder

- 3 tablespoons butter
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 2 cups diced potatoes
- 2 carrots, diced
- 2 cups chicken broth
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried dill weed
- 2 (16 ounce) cans salmon
- 1 (12 fluid ounce) can evaporated milk
- 1 (15 ounce) can creamed corn
- 1/2 pound cheddar cheese, shredded

Melt butter in a large pot over medium heat. Saute onion, celery, and garlic powder until onions are tender. Stir in potatoes, carrots, broth, salt, pepper, and dill. Bring to a boil, and reduce heat. Cover, and simmer 20 minutes. Stir in salmon, evaporated milk, corn, and cheese. Cook until heated through.



Salmon Salad

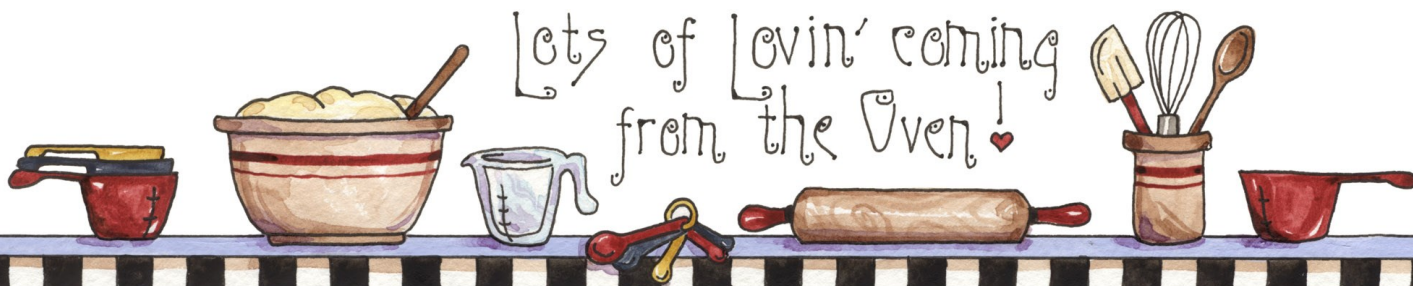


- 2 (7 ounce) cans salmon, drained
- 2 tablespoons fat-free mayonnaise
- 2 tablespoons plain low-fat yogurt
- 1 cup chopped celery
- 2 tablespoons capers
- 1/8 teaspoons ground black pepper
- 8 leaves lettuce

Crumble the salmon into a 1 quart bowl, removing any bones or skin.

In a small bowl combine the mayonnaise, yogurt, celery, capers and pepper. Mix well and then add to salmon and toss. Serve on a bed of lettuce leaves.

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Salmon Patties

- 1 (14.75 ounce) canned salmon
- 1 egg
- 1/4 cup chopped onion
- 1/2 cup seasoned dry bread crumbs
- 1 tablespoon olive oil

Drain the reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together. Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels an serve.



Salmon Croquettes



- 1 (6 ounce) can salmon, drained and flaked
- 1 egg
- 1/4 cup finely chopped celery
- 1/4 cup sliced green onion
- 1 tablespoon chopped fresh dill weed
- 1/2 teaspoon garlic powder
- 1/3 cup wheat germ
- 3 tablespoons olive oil

In a medium bowl, mix together the salmon, egg, celery, green onion, dill, and garlic powder. Form the mixture into golf ball sized balls, and roll in wheat germ to coat. Heat oil in a large skillet over medium heat. Flatten the balls slightly, and fry for about 10 minutes, turning as needed, until golden brown.

Salmon Salad Sandwiches

- 4 sandwich rolls
- 1/2 cup ranch-style salad dressing
- 2 6 ounce cans skinless, boneless salmon
- 2 small tomatoes
- 1/2 cucumber
- 1 cup coarsely shredded carrots (2) or shredded, peeled jicama (1/4 jicama)

Split sandwich rolls. Lightly spread sliced rolls with some of the salad dressing. Drain salmon. Place salmon in bowl and flake with a fork. Add remaining salad dressing to salmon; mix to combine. Thinly slice tomatoes and cucumber. Layer tomato slices on bottom halves of sandwich rolls. Top with salmon mixture, cucumber slices, shredded carrots or jicama, and roll tops.



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Creamed Salmon on Toast

3 tablespoons butter
3 tablespoons all-purpose flour
1 cup cold milk
1 (10 ounce can) canned green peas, drained,
liquid reserved
1 (14.75 ounce) can salmon
Salt and Pepper to taste

In a saucepan or skillet, melt butter over medium heat. Whisk in flour, stirring constantly, until a smooth past is formed. Gradually add milk and reserved liquid from peas, stirring constantly, until a smooth thick gravy is formed. Flake salmon into a bowl, breaking apart any large pieces. Stir salmon and peas into the sauce carefully with a wooden spoon to avoid mashing the peas. Cook until heated through. Adjust seasoning with salt and pepper. Toast bread in toaster over or broiler pan. Butter, if desired, and top with salmon mixture.



Salmon Fettuccine Alfredo



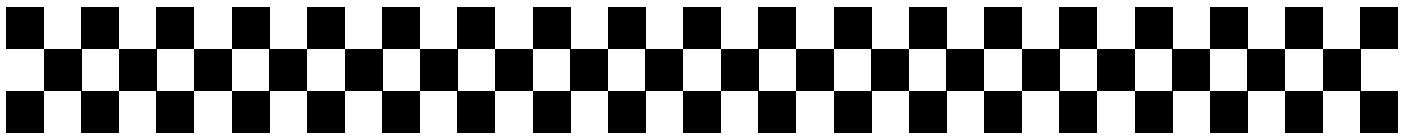
8 ounce fettuccine
5 tablespoons butter
2 cloves garlic, minced
1 cup heavy cream (also called whipping cream)
1 6 ounce wild salmon, skin and bones removed
1/2 cup grated parmesan cheese

Bring a large pot of water to boil. Add fettuccine, and cook according to the package directions.

While the pasta is cooking, melt the butter in a large (12 or 14 inch) skillet. Add the garlic, and cook until light golden brown. Turn off the heat under the pan until the pasta is finished cooking.

Drain the pasta, and turn the heat back on under the butter. Add the cream, pasta and flaked salmon to the pan. With tongs, gently turn the pasta in the cream and butter to coat it thoroughly.

When the sauce is thick and coats the pasta completely, add the cheese. Toss well. Serve the salmon fettuccine alfredo immediately.



Did You Know that January is National Oatmeal Month?

There are several different kinds of oatmeal such as steel-cut, rolled, and stone-ground...but is there any difference in their nutritional value?

First, some quick definitions. Steel-cut oats are hulled, toasted, oat grains that have been coarsely chopped into chunks about the size of a sesame seed. Stone-ground oats are the same thing, only ground into smaller pieces, closer to the size of a poppy seed. To make old-fashioned rolled oats, they steam the hulled toasted grains and then run them between rollers to create flakes.

The biggest differences between rolled, steel-cut, and stone-ground oats are in the texture and cooking times. They are all considered "whole grains" in that they all contain the germ, endosperm and bran of the original grain.

Any differences in nutrition would be due to the different processing methods, but the differences are minor. Some nutrients will be lost to heat and moisture during the steaming of the rolled oats, for example. On the other hand, the steel-cut oats have to be cooked for longer (losing nutrients along the way) so it's probably just about the same. Similarly, the stone ground oats may have a slightly higher glycemic impact than the steel cut because they've been reduced to smaller particles. But all three forms are considered to be low-glycemic foods.

Quick-cooking and instant oats are a whole different story--as they are the kind that are packaged with flavors and sweeteners, therefore they are not as nutritious as oatmeal in its natural state.

Happy Oatmeal Month!

Baked Banana Raisin Oatmeal

Ingredients:

3 eggs
2 very ripe bananas—mashed
3 cups Quick or Old Fashioned oats
1 and 1/2 cups low fat milk
1/2 cup raisins
1/3 cup honey
1/4 cup vegetable or canola oil
2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon vanilla

Directions:

1. In a large bowl, lightly beat the eggs. Add all remaining ingredients. Stir until well combined. Let mixture set at least 10 minutes for oats to absorb some of the liquid.
2. Preheat oven to 350 degrees.
3. Stir mixture once more and transfer to an 8 x 8 baking pan that's been coated generously with cooking spray. (You could also use 2 small loaf pans.)
4. Bake at 350 degrees for 35 minutes.
5. To serve, cut into squares and drizzle each serving with maple syrup.



New Year's Resolution Calendar

At the stroke of midnight on December 31, millions of Americans will resolve to start eating better and/or lose those extra pounds they are carrying around. But within a few days or weeks, most will have given up.

This year, take a systematic approach to those nutrition-related resolutions. Instead of resolving to “eat better and lose weight”, set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits.

January

Reduce your intake of artery-clogging saturated fat by switching from whole milk and dairy products to lowfat or nonfat milk and dairy products. This includes sour cream, yogurt, cheeses, and canned milks as well as milk.

February

Increase your intake of fruits to two or three servings a day. Make it as easy to reach for a piece of fruit as it is to reach for a cookie by keeping a bowl of fresh fruit on the kitchen counter. Use canned or dried fruits for snacks on the go. Eat vitamin C-rich fruit like oranges, strawberries, or kiwi everyday.

March

Increase your intake of vegetables to three to five servings a day. 3-4 times a week, choose dark green, deep yellow and orange vegetables such as romaine lettuce, spinach, broccoli, sweet potatoes, and carrots.

April

Instead of high fat, high sugar snacks, choose foods like whole grain crackers, lowfat popcorn, pretzels, rice cakes, popcorn cakes, and graham crackers. Of course, fruits and veggies are excellent choices as well.

May

Reduce your intake of saturated fat and cholesterol by eating at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables. Baked potatoes are easy to make and can function as the entrée. Vegetarian chili is another option.

June

Limit your intake of sodium. Choose “low salt” or “no salt added” versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce. Use less salt in cooking, and don't add salt to food at the table.

July

Reduce your intake of fat by limiting fried foods to once a week or less. This includes fried meats, French fries, fried cheese, chips, grilled sandwiches, cheese curls, and fried vegetables.

August

Boost your fiber intake by starting the day with a bowl of high fiber cereal. Look for cereals that have at least 4 grams of fiber per serving. Increasing your intake of fruits, vegetables, beans and whole grains will also help increase your fiber intake.

September

Reduce your risk of osteoporosis by including good sources of calcium in your diet. Lowfat or nonfat milk or yogurt are the best sources of calcium. However, foods like leafy green vegetables, figs, beans, and salmon and sardines with the bones are good sources as well.

October

Eat fish at least twice a week. Fatty fish, such as salmon, mackerel, trout, sardines, and herring contain omega-3 fatty acids which appear to reduce the risk of heart disease.

November

As the holiday season approaches, begin practicing lowfat cooking techniques. Look for ways to modify your favorite recipes to lower the fat and calorie content. Attend healthy cooking classes that may be offered at hospitals in your area.

December

The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods. As you look back over the year 2013, you will have now developed 12 new healthy eating habits to make you healthier in 2014.