Canned Fish

Preserving fish by smoking and salting dates back many centuries and across cultures. Canning fish extends the storage life of a wide variety of fish products, making it a valuable method of preservation.

Nutrition

Canned fish has many benefits for the consumer. Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones and then mash the small bones with a fork. If you do this, you will not notice the bones once the fish is cooked. Pink salmon is “swimming” with omega-3 fatty acids — a good thing for your heart. So it’s a good idea to get hooked on salmon. Whether or not fish is canned at home or is bought from the commercial markets, it is a wonderful source of protein with negligible amounts of trans fat. It is an excellent convenience food that works well in a variety of recipes.

Storage

Generally, canned goods have a one-year expiration date from the date of manufacture before quality diminishes. To ensure food stored in the pantry is consumed within the expiration dates, practice FIFO (First In, First Out). When stocking food storage areas, place recently purchased or home canned items behind the existing food items. This will help ensure that you are consuming food prior to expiration date/spoilage and will save you money by reducing the amount of food to discard. Canned goods stored in high humidity areas may ultimately rust, resulting in leaky cans. Discard canned goods that are swollen, badly dented, rusted and/or leaking.

Tuna Quesadillas

Yield: 4 servings

1 can drained tuna fish, packed in water
1 tablespoon mayonnaise, light
4 whole grain tortillas
½ cup grated cheddar cheese, low-fat

Mix tuna with mayonnaise.

Microwave:

Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides. Cut in half before serving.

Classic Alaska Salmon Macaroni Salad

Yield: 4 servings

⅔ cup low-fat mayonnaise or salad dressing
½ cup plain yogurt
1½ teaspoons lemon pepper seasoning
1 teaspoon dried onion
1 teaspoon dried dill weed
1 teaspoon lemon juice
½ teaspoon salt
1 package (12 ounces) elbow macaroni or small shell pasta
1 can (14.75 ounces) or 2 cans (7.5 ounces each) traditional-pack Alaska salmon OR 2 cans or

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.

Try the recipes on the back for more delicious and nutritious ways to use canned fish!
pouches (6 to 7.1 ounces each) skinless, boneless salmon, drained and chunked
1 cup diced celery
2 tablespoons fresh chopped chives or 2 stalks green onions, sliced

**Dressing:** In small bowl, blend mayonnaise, yogurt, lemon-pepper, dried onion, dill weed, lemon juice and salt.

**Salad:** Cook pasta according to package directions until just firm to bite. Drain; rinse in cold water. In a large bowl, combine pasta, salmon, celery and chives. Pour dressing over pasta. Stir to blend. Cover and refrigerate several hours to blend flavors.

Source: Alaska Seafood Marketing Institute

**Quick Tuna Casserole**

*Yield: 6 servings*

4 cups water
5 ounces wide egg noodles
10 ounces low-sodium cream of mushroom soup
½ cup skim milk
1 can (6½ ounces) tuna, packed in water, drained
1 cup frozen green peas
1 cup fresh bread crumbs

Preheat oven to 350°F.

Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Cover pot, remove from heat and let stand for 10 minutes.

Meanwhile, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.

Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs.

Bake for 30 minutes.

**Salmon Loaf**

*Yield: 8 servings*

1 can (15½ ounces) salmon
2 cups bread crumbs, soft
1 large onion, chopped
1 tablespoon melted margarine

Preheat oven to 325°F. Drain salmon and remove skin if desired. Mash bones with meat. Add the other ingredients.

Add enough milk so that the mixture is moist but not runny. Place in a lightly oiled 9x5-inch loaf pan. Bake for 45 minutes. Serve.

**Salmon Sticks**

*Yield: 8 servings*

1 can (14¾ ounces) drained pink salmon
½ cup crushed saltine crackers (about 16 crackers)
1 egg
1 tablespoon vegetable oil
nonstick cooking spray

In a large mixing bowl, combine salmon, cracker crumbs and egg. Divide mixture into eight balls and shape into sticks about 4 inches long.

Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes. Turn fish sticks and cook about 3 minutes more or until golden brown.

To find out if you are eligible for free nutrition education, call UAF Cooperative Extension Service at 907-474-7930 or visit www.uaf.edu/ces/hhfd/fnp.

Call 1-877-520-5211 or visit www.uaf.edu/ces

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