

Salmon Patties/Burgers/Spread (makes 4 large burgers)

1 can (15 and ½ oz.) salmon, drained, skin removed, flaked
½ cup uncooked oatmeal
2 Tbsp. reduced-calorie mayonnaise
½ cup chopped onion
2-3 egg whites
1-2 Tbsp. lemon juice
2-3 tsp. bottled horseradish or Dijon style mustard

Mix all ingredients and shape into burgers. The mixture may be somewhat crumbly. Coat skillet with cooking spray and add burgers. Cook at medium high heat for 7 to 8 minutes, until the burgers form a nice brown crust. Carefully flip, reduce heat to medium and cook another 5 to 6 minutes until that side also forms a crust. Serve on bun if desired with lettuce, tomato and other condiments as desired. Tasty without bun served with hash browns (cook in olive oil!)

The salmon spread is just a variation of the burgers. Leave out the oatmeal and the egg and add any additional spices you desire (garlic powder is something I usually add). It is tasty on a whole grain cracker or piece of pita bread for an appetizer or even for lunch. It could also be spread on a bagel in the morning instead of cream cheese.

Both recipes are good ways to incorporate the omega-3 fatty acids into your diet which are helpful in lowering the LDL (bad) cholesterol and reducing your risk of heart disease. They also reduce hypertension and risk of stroke, and improve inflammatory diseases such as arthritis. Studies are under way to determine if they improve depression and other mental health problems as well as breast and/or colon cancer. Other food sources include herring, sardines, halibut, venison, buffalo, canola oil, flaxseed, walnuts and leafy green vegetables.

Smoked Alaska Salmon Clubhouse Sandwich

1 can (14-¾ oz.) or 2 cans (7-½ oz. each) Alaska salmon, drained and flaked
12 slices whole grain bread, toasted
1/8 tsp liquid smoke
2 tsp fresh dill, chopped
2 Tbs red onion, small dice
4 lettuce leaves
8 slices tomato

8 slices bacon, cooked
1/2 cup plus 4 Tbs low fat mayonnaise (or low fat plain yogurt)

Mix Alaska salmon with dill, onion and 1/2 cup of mayonnaise; add liquid smoke to taste. Lay out bread slices in 4 rows of 3. Top each slice with 1 tsp. of mayonnaise. Divide the salmon mixture among 4 slices of bread and top with lettuce leaf. Add a second slice of bread, topping with 2 slices of bacon (cut in half) and 2 slices of tomato. Crown with the remaining slices of bread and secure with toothpicks. Cut in half diagonally and serve. Makes 4 servings.

Alaska Salmon Chowder

1 can (7 1/2 oz.) Alaska salmon
1/2 cup each chopped onions and chopped celery
1 clove garlic, minced
2 Tbs butter
1 cup each diced potatoes and diced carrots
2 cups low salt chicken broth
1/2 tsp thyme
1/4 tsp black pepper
1/2 cup chopped broccoli
1 can (13 oz.) low-fat evaporated milk
1 pkg. (10 oz.) frozen corn kernels, thawed
Minced parsley

Drain and flake salmon, reserving liquid. Saute onions, celery and garlic in butter. Add potatoes, carrots, reserved salmon liquid, chicken broth and seasonings. Simmer, covered, 20 minutes, or until vegetables are nearly tender. Add broccoli and cook 5 minutes. Add flaked salmon, evaporated milk and corn; heat thoroughly. Sprinkle with minced parsley to serve. Makes 6 servings.

Nutrients Per Serving:

Calories: 238; Protein: 15.6 g; Fat-Total: 5.71 g;
Carbohydrates: 33 g; Cholesterol: 21.9 mg; Sodium: 552 mg; Dietary Fiber:
4.26 g

SALMON WITH MUSTARD CREAM

Preparation time: 1 minute

Cooking time: 12 minutes

4 (6-ounce) skinless salmon fillets
1/8 teaspoon coarsely ground black pepper
1/2 cup low-fat sour cream
1-1/2 tablespoons Dijon mustard
1 garlic clove, minced
1/4 teaspoon coarsely ground black pepper
1-1/2 teaspoons lemon juice
1/4 teaspoon salt
2 teaspoons chopped fresh dill

Cooking spray

1. Preheat broiler.
2. Place fish on a broiler pan; coat with cooking spray and sprinkle with 1/8 tea spoon pepper. Broil 8 minutes or until fish flakes easily when tested with a fork.
3. Combine sour cream and remaining ingredients in a small bowl; stir well.
4. Place salmon on individual serving plates. Spoon sauce over fish.

Yield: 4 servings.

CALORIES 254 (36% from fat); PROTEIN 35.8 g; CARBOHYDRATE 3.2 g;
FIBER 0.2g; FAT 10.1 g (sat 3.3 g)

Quick Salmon with Herb Crust

12 oz. fresh or frozen skinless salmon fillets, 3/4-inch thick
1/3 cup coarsely chopped fresh oregano
1/3 cup coarsely chopped fresh cilantro
1/4 cup sliced green onion
1 clove garlic
1 Tbs fresh lemon juice
2 tsp olive oil
1/4 tsp salt
1/8 tsp pepper

Thaw salmon, if frozen. Rinse fish; pat dry with paper towels. Cut into two (6-ounce) pieces. Set aside.

In the bowl of a food processor or a mini-chopper combine oregano, cilantro, green onion, garlic, lemon juice, oil, salt, and pepper. Cover and process until chopped. (Or, use a knife to finely chop oregano, cilantro, green onion, and garlic. Transfer to a shallow bowl. Stir in lemon juice, oil, salt, and pepper.) Generously coat both sides of salmon with the herb mixture.

Cook the salmon on the rack of an uncovered grill directly over medium-hot coals for 6 to 8 minutes or until the salmon just begins to flake easily with a fork. To serve, cut each salmon piece in half. Makes 4 servings.

Nutrients per serving:

Calories: 126, total fat: 5g, saturated fat: 1g,
cholesterol: 44mg, sodium: 207mg, carbohydrate: 2g, fiber:
0g, protein: 17g, vitamin A: 7%, vitamin C: 11%, calcium:3%, iron: 5%

Salmon Fettuccine

1 can (7 1/2 oz.) Alaska salmon
2 Tbs butter
1/4 cup flour
2 1/2 cups hot low-fat milk
2 Tbs sherry
2 Tbs sliced green onions
3/4 tsp Dijon mustard
3/4 tsp dill weed
Black pepper, to taste
8 oz. fettuccine noodles
1 Tbs chopped parsley

Drain and flake salmon. Set aside. Melt butter in a medium saucepan over medium heat; Remove from heat and whisk in flour. Cook, stirring constantly, for 2-3 minutes. Whisk in milk and sherry; cook, stirring frequently, for 15 minutes. Stir in flaked salmon and remaining ingredients except fettuccine and parsley; cook 2-3 more minutes, until heated through. Meanwhile, cook pasta according to package directions; drain and place on serving platter. Spoon sauce over pasta and sprinkle with parsley to serve. Makes 4 appetizer servings or 2 main dish servings.

Nutrients Per Serving (calculated for main dish serving):
Calories: 877; Protein: 48.4 g; Carbohydrates: 113 g; Fat-
Total: 23.1g; Cholesterol: 86 mg; Sodium: 952 mg; Dietary
Fiber: 8.48 g

Baked Salmon with Dill

Paint each salmon steak or filet with real mayonnaise, cover with fresh dill and sprinkle with an ample amount of fresh lemon. Salt and pepper if desired. Seal each steak in a foil packet and bake at 350F for about 20 minutes or until done. Don't overcook.

Baked Halibut with Basil

Paint each halibut steak or filet with real mayonnaise, cover with fresh basil and sprinkle with an ample amount of fresh lemon. Salt and pepper if desired. Seal each steak in a foil packet and bake at 350F for about 20 minutes or until done. Don't overcook.

Salmon Pasta Salad

1 can (15 1/2 oz.) Alaska salmon
8 oz. fusilli or macaroni, cooked, drained and cooled
1 pint cherry tomatoes, cut in half
2 cups sliced cucumber
1 cup mozzarella cheese, cut into thin strips
1/2 cup chopped parsley
1/4 cup grated Parmesan cheese

Lemon Dressing (see below)

Drain and flake salmon. Toss flaked salmon with remaining ingredients in large serving bowl. Toss with lemon dressing and serve.

Makes 8 servings.

Lemon Dressing
3/4 cup olive oil
1/4 cup lemon juice
2 cloves garlic, minced
1/2 teaspoon dill weed
1/2 teaspoon grated lemon peel
Black pepper, to taste

Whisk together ingredients until well combined.

Nutrients Per Serving:
Calories: 359
Protein: 17.4 g
Carbohydrates: 12.3 g
Fat-Total: 27 g
Cholesterol: 40.2 mg
Sodium: 423 mg
Dietary Fiber: 1.57 g

Alaska Salmon Salad Sandwich

1 can (15 1/2 oz.) Alaska salmon
1/3 cup plain nonfat yogurt
1/3 cup each chopped green onions and chopped celery
1 Tablespoon lemon juice
Black pepper, to taste
12 slices bread

Drain and flake salmon. Stir in remaining ingredients except pepper and bread. Season with pepper to taste. Spread salmon mixture on half of bread slices; top with remaining bread. Cut sandwiches into halves or quarters.

Makes 6 sandwiches.

Nutrients Per Serving:
Calories: 264
Sodium: 713 mg
Protein: 20.1 g
Dietary Fiber: 1.48 g
Carbohydrates: 29.6 g
Fat-Total: 6.68 g
Cholesterol: 40.5 mg

Salmon Stuffed Potatoes

1 can (7 1/2 oz.) Alaska salmon
4 baking potatoes, about 7 oz. each

1 cup shredded Monterey Jack cheese
1/4 cup milk
1 egg, beaten
2 Tbs butter
2 Tbs minced onions
2 Tbs diced green chiles
1/8 tsp black pepper

Drain and flake salmon. Set aside. Pierce potato skins several times with a fork. Place in microwave oven. Cook on HI power, 20 minutes, or until tender, turning halfway through. Cut a slice off top of each potato. Scoop out inside, leaving 1/4-inch shell; set aside. Blend potato pulp with 1/2 cup cheese, flaked salmon and remaining ingredients. Spoon mixture into potato shells. Bake at 350F or microwave on high power for 4 - 5 minutes, or until heated through. Sprinkle with remaining cheese and microwave on HI power, 45 seconds, or until cheese is melted.

Makes 4 servings.

Basic Best Salmon Loaf

1 can (15 1/2 oz.) Alaska salmon
2 cups soft bread crumbs
1/3 cup finely minced onions
1/4 cup milk
2 eggs
2 Tbs chopped parsley
1 Tbs lemon juice
1/4 tsp dill weed
Dash black pepper

Drain and flake salmon, reserving 2 tablespoons liquid. Combine flaked salmon and reserved liquid with remaining ingredients. Place in well-greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan or shape into loaf on greased baking pan. Bake at 350 F for 45 minutes.

Makes 6 servings.

Nutrients Per Serving:
Calories: 268
Fat-Total: 8.12 g
Protein: 21.4 g
Cholesterol: 114 mg
Carbohydrates: 26.1 g
Sodium: 677 mg
Dietary Fiber: 1.58 g

Salmon Nicoise Salad

1 can (7 1/2 oz.) Alaska salmon
1 small head butter lettuce
1 cup cooked and cooled green beans

1 large tomato, sliced into wedges
1 small red pepper, cored and sliced
1/2 cup thinly sliced red onions
Classic Vinaigrette (as per below)

Wash and dry lettuce; arrange leaves on a large serving platter. Toss together the beans, tomato wedges, red pepper slices and red onion slices; arrange on the lettuce. Drain and flake salmon. Arrange flaked salmon on bean mixture. Drizzle Classic Vinaigrette evenly over salad just before serving. Makes 4 servings.

Classic Vinaigrette

3 Tbs olive oil
3 Tbs white wine vinegar
1/2 tsp dry mustard
1 clove garlic, minced
Whisk together all ingredients until well combined.

Nutrients Per Serving:

Calories: 207
Fat-Total: 13.9 g
Protein: 12.9 g
Cholesterol: 29.3 mg
Carbohydrates: 9.35 g
Sodium: 328 mg
Dietary Fiber: 3 g

Salmon Patties

1 can (15 1/2 oz.) Alaska salmon
3/4 cup dry bread crumbs
1/2 cup thinly sliced green onions
1/4 cup chopped parsley
1 tsp dill weed
3 egg whites
2 Tbs lemon juice
1 Tbs vegetable oil
Hamburger buns, optional
Lettuce leaves, optional
Tomato slices, optional

Drain and flake salmon, reserving 1/3 cup liquid. Mix together flaked salmon, bread crumbs, green onions, parsley and dill. Mix in egg whites, lemon juice and reserved salmon liquid. Form mixture into 4 patties. Heat oil in non-stick frying pan. Saute patties over medium heat until golden brown on both sides. Place salmon patties on hamburger buns; garnish with lettuce leaves and tomato slices, if desired.

Makes 4 servings.

Broiled Salmon with Maple-Mustard Glaze

To insure even cooking, buy salmon cuts from the middle of the fillet, not the narrow tail end. When portions are the

same thickness, they cook evenly.

1/3 cup sugar-free pancake syrup
1/2 cup water
1 Tbs Dijon mustard
2 garlic cloves, pushed through a press
1/4 tsp salt
4 8-oz salmon fillets 1" thick

In a small heavy saucepan combine syrup, water, mustard, garlic, and salt and simmer until reduced to about 1/2 cup. Cool.

Heat broiler. Arrange salmon, skin side down, on oiled rack of broiler pan and season with salt. Broil salmon 4" from heat source, 6 minutes. Brush with sauce and broil until just cooked through, about 4 minutes more.

Chef Vellante's Asian Salmon

1/2 cup brown sugar
1/3 cup soy sauce
2 Tbs hoisin sauce
2 Tbs peeled and sliced ginger
Dried red pepper flakes
1/2 tsp chopped garlic
1 Tbs fresh lime juice
1-1/2 to 2 lbs Alaska Wild Salmon fillets

Place the sugar, soy sauce, hoisin sauce, ginger, dash of red pepper flakes, garlic and lime juice in a medium non- reactive saucepan. Bring the mixture to a boil, reduce the heat to medium, and cook for 15 to 20 minutes or until the sauce forms a glaze. Set aside.

Preheat the broiler.

Place the salmon fillets on a broiler pan and baste with the sauce. Let sit for 15 minutes. Broil them until cooked through, about 8 minutes, basting again with the sauce. Remove the salmon from the heat and baste once more with the glaze before serving. Serves 4.

Dill Baked Salmon

1 1/2 lbs salmon skinless fillets
1 tsp dill weed
1/2 tsp onion salt
1 lemon, sliced

Preheat oven to 425F. Place salmon in a baking dish sprayed with cooking spray. Sprinkle with dill and onion salt and top with lemon slices. Cover and bake for 15-20 minutes, until flesh turns opaque.

Serve with extra lemon. Serves 4.

Nutritional Information Per Serving:

Calories: 242; Carbohydrates: 0gm; Protein: 34gm; Fat: 11gm; Cholesterol: 94mg; Sodium: 222mg.

Smoked Alaska Salmon Clubhouse Sandwich

1 can (14-3/4 oz.) or 2 cans (7-1/2 oz. each) Alaska salmon, drained and flaked
12 slices bread, toasted
1/8 tsp liquid smoke
2 tsp fresh dill, chopped
2 Tbs red onion, small dice
4 lettuce leaves
8 slices tomato
8 slices bacon, cooked
1/2 cup plus 4 Tbs low fat mayonnaise

Mix Alaska salmon with dill, onion and 1/2 cup of mayonnaise; add liquid smoke to taste. Lay out bread slices in 4 rows of 3. Top each slice with 1 tsp. of mayonnaise. Divide the salmon mixture among 4 slices of bread and top with lettuce leaf. Add a second slice of bread, topping with 2 slices of bacon (cut in half) and 2 slices of tomato. Crown with the remaining slices of bread and secure with toothpicks. Cut in half diagonally and serve. Makes 4 servings.

Smoky Salmon Spread

16 oz canned salmon, skin and bones removed, drained
8 oz reduced-fat cream cheese, softened
1 Tbs lemon juice
3 Tbs grated onion
1 tsp liquid smoke seasoning
1/2 tsp mustard
1/2 tsp salt
2 Tbs chopped fresh parsley

Flake the salmon and combine it with all the ingredients. Chill before serving with your favorite low carb snack. Makes 16 one tablespoon servings.

Salmon in Parchment

Prep time: 45 minutes
Source: Adopted from Dr. Weil.com

8 oz. thin spaghetti
1 Tbs olive oil
1/4 tsp salt
2 Tbs fresh dill or parsley, chopped
1 cup carrots julienned
1 cup zucchini, julienned
1 cup asparagus tips
1 cup red bell pepper, julienned
24 oz salmon fillet, cut into four 6-ounce pieces
2 Tbs Dijon mustard
4 large sheets of parchment paper

Heat oven to 400F degrees.

Cook thin spaghetti in rapidly boiling water until al dente, drain, toss with a bit of olive oil, salt and chopped fresh dill or parsley.

Rinse salmon fillets and pat dry. Spread Dijon mustard evenly over the top of each one.

Prepare the parchment, fold each piece of parchment in half. With scissors, cut the shape of half a heart from the folded side. (Remember Valentine's you made in grade school?) Open the heart shape and place 1/4 of the pasta on the center of the paper, top with a salmon fillet, and add the vegetables. Bring the sides of the heart over the fish and fold the edges together starting at the top of the heart, overlapping the folded edge as you go. Fold the tip several times to secure it.

Place the pouches in the middle of the hot oven and bake for 10 minutes. Serve immediately in the sealed pouches, opening them just before eating. Serves 4.

Nutrients per serving:

Calories: 533.1, Protein: 45.9 grams, Fat: 14.9 grams, Saturated Fat: 2.8 grams, Monounsaturated Fat: 6.4 grams Polyunsaturated Fat: 4.2 grams, Carbohydrate: 51.8 grams, Fiber: 5.2 grams, Cholesterol: 75.6 mg, Vitamin A: 6,543.6 IU, Vitamin E: 2.8 mg/IU, Vitamin C: 83.1 mg, Calcium: 99.0 mg, Magnesium: 102.3 mg

Fisherman's Tomatoes and Salmon

1 14-3/4 oz. (or 2 cans, 7-1/2 oz each) Alaska salmon
4 large tomatoes
2 Tbs olive oil
1 Tbs white wine vinegar
2 tsp Dijon-style mustard
1 Tbs finely chopped parsley or watercress
1 cup cooked, chilled, favorite rice
1 cup cooked, chilled, corn kernels

Drain and flake salmon*. Cut tomatoes in half across the middle and remove the core and seeds. Whisk together the olive oil, mustard, and vinegar until well blended. Stir in parsley or watercress. Toss together salmon, rice and corn in a mixing bowl. Toss with dressing to coat. Place tomato halves on a serving plate and fill with salmon mixture. Makes 4 servings.

*The skin and tiny, soft bones are completely edible and an excellent source of calcium and omega-3 fatty acids. Simply blend skin and bones with salmon and other ingredients.

Salmon Chowder

Prep time: 45 minutes

Source: Adopted from Better Homes and Gardens

1 pound fresh skinless salmon fillets or 15-ounces canned salmon, rinsed, drained, flaked

1 tablespoon cooking oil
2 cups shredded carrots
1 cup finely chopped onion
1/2 cup thinly sliced celery
1-1/2 cups water
4 cups reduced-sodium chicken broth
2-1/2 cups cubed red-skinned potatoes (3 medium)
1 10-ounce package frozen whole kernel corn
1 teaspoon snipped fresh dill or 1/2 teaspoon dried dillweed
1/4 teaspoon salt
2 cups fat-free milk
2 tablespoons cornstarch

Rinse fresh salmon; pat dry. Set aside. In a large saucepan heat oil over medium-high heat. Cook and stir carrots, onion, and celery in hot oil about 10 minutes or until the vegetables are tender, stirring occasionally.

Meanwhile, to poach fresh salmon, in a large skillet bring water to boiling. Add salmon. Return to boiling; reduce heat. Simmer, covered, for 6 to 8 minutes or until the salmon flakes easily with a fork. Remove salmon from skillet, discarding poaching liquid. Flake salmon into 1/2-inch pieces; set aside.

Stir the broth, potatoes, corn, dill, and salt into vegetables in saucepan. Bring to boiling; reduce heat. Cook, covered, over medium-low heat about 15 minutes or until the potatoes are tender, stirring occasionally.

Stir together 1/2 cup of the milk and cornstarch. Add milk mixture to saucepan. Stir in remaining milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Gently stir in poached salmon or canned salmon. Heat through. Makes eight 1-1/4-cup servings.

Smoked Salmon Caesar Salad

10-ounce package fresh Caesar salad mix (includes lettuce, dressing, croutons, and cheese)
1 small yellow, red, and/or green sweet pepper, cut into matchstick-size strips
1/4 cup sliced pitted ripe olives
6 ounces smoked salmon, skinned, boned, and broken into chunks; or 3 to 4 ounces thinly sliced, smoked salmon (lox-style), cut into bite-size strips; or 4 ounces grilled or canned salmon, skinned, boned, and broken into chunks

In a large salad bowl combine lettuce and dressing from salad mix, sweet pepper strips, and olives; toss gently to coat. Add salmon and the croutons and cheese from mix; toss before serving.

Nutrients per serving:

Calories: 254, total fat: 18g, saturated fat: 2g,
cholesterol: 19mg, sodium: 971mg, carbohydrate: 10g,
fiber: 1g, protein: 14g, vitamin A: 10%, vitamin C: 55%,
calcium: 5%, iron: 7%

Alaska Salmon Romanoff

6 oz. noodles
1/2 pint dairy sour half-&-half
1/2 package (3/4 oz.) dry ranch-style dressing mix
1 can (7-1/2 oz.) Alaska Salmon, drained and flaked
1 can (4 oz.) sliced mushrooms, drained
3 Tbs chopped green onions
1/4 tsp dill weed

Cook noodles according to package directions; drain.
Combine all ingredients; mix well. Spoon into buttered 1-
1/2 quart microwave-safe dish. Microcook at medium-high
(70%) 5 to 6 minutes or until thoroughly heated. Stir before serving.
Makes 4 servings.

Quick Salmon with Herb Crust

12 oz. fresh or frozen skinless salmon fillets, 3/4-inch thick
1/3 cup coarsely chopped fresh oregano
1/3 cup coarsely chopped fresh cilantro
1/4 cup sliced green onion
1 clove garlic
1 Tbs fresh lemon juice
2 tsp olive oil
1/4 tsp salt
1/8 tsp pepper

Thaw salmon, if frozen. Rinse fish; pat dry with paper towels. Cut into two (6-ounce) pieces. Set aside.

In the bowl of a food processor or a mini-chopper combine oregano, cilantro, green onion, garlic, lemon juice, oil, salt, and pepper. Cover and process until chopped. (Or, use a knife to finely chop oregano, cilantro, green onion, and garlic. Transfer to a shallow bowl. Stir in lemon juice, oil, salt, and pepper.) Generously coat both sides of salmon with the herb mixture.

Cook the salmon on the rack of an uncovered grill directly over medium-hot coals for 6 to 8 minutes or until the salmon just begins to flake easily with a fork. To serve, cut each salmon piece in half. Makes 4 servings.

Nutrients per serving:

Calories: 126, total fat: 5g, saturated fat: 1g,
cholesterol: 44mg, sodium: 207mg, carbohydrate: 2g, fiber:
0g, protein: 17g, vitamin A: 7%, vitamin C: 11%, calcium:
3%, iron: 5%

Smoky Salmon Spread

2 cans (7.5 oz.) Vital Choice Wild Red salmon
1 pkg. (8 oz.) light cream cheese
2 Tbs lemon juice
1/4 cup thinly sliced green onions
2-3 drops natural hickory liquid smoke
Crackers or French bread rounds

Drain and flake salmon. Beat cream cheese with lemon juice in electric mixer until light and fluffy. Beat in flaked salmon and green onions until thoroughly combined. Season with liquid smoke to taste. Chill several hours before serving to allow flavors to blend. To serve, spread on crackers or French bread rounds. Makes 20 servings, about 2 1/2 cups.

Nutrients Per Serving (not including crackers)
Calories: 60.9, Carbohydrates: .56 g, Sodium: 167 mg,
Fat- Total: 4.01 g, Cholesterol: 20.9 mg, Protein: 5.5 g, Dietary Fiber:
.04 g.

Salmon Pasta Salad

1 can (15 1/2 oz.) Alaska salmon
8 oz. fusilli or macaroni, cooked, drained and cooled
1 pint cherry tomatoes, cut in half
2 cups sliced cucumber
1 cup mozzarella cheese, cut into thin strips
1/2 cup chopped parsley
1/4 cup grated Parmesan cheese
Lemon Dressing (see below for recipe)

Drain and flake salmon. Toss flaked salmon with remaining ingredients in large serving bowl. Toss with Lemon Dressing and serve. Makes 8 servings.

Lemon Dressing

3/4 cup olive oil
1/4 cup lemon juice
2 cloves garlic, minced
1/2 teaspoon dill weed
1/2 teaspoon grated lemon peel
Black pepper, to taste
Whisk together ingredients until well combined.

Nutrients Per Serving:
Calories: 359; Protein: 17.4 g; Carbohydrates: 12.3 g
Fat-Total: 27 g; Cholesterol: 40.2 mg; Sodium: 423 mg Dietary Fiber: 1.57
g

Salmon Pasta with Tomatoes and Dill

Start to finish: 15 minutes

8 ounces short pasta, such as shells
1/2 cup frozen green peas
5 medium-size plum tomatoes (for about 1 2/3 cup chopped)
1 cup whole, low-fat or skim milk
1 can (10 3/4 ounces) condensed cream of celery soup
1 tablespoon butter
1/2 cup grated or shredded Parmesan cheese
2 teaspoons dried onion flakes
1 teaspoon garlic powder

1 teaspoon Worcestershire sauce
1/4 teaspoon Tabasco sauce
1/4 teaspoon dried dill
1 foil pouch (7.1 ounces) premium skinless & boneless pink salmon, or 2 cans (6 ounces each), drained
Salt and black pepper to taste

1. Bring 2 1/2 quarts of lightly salted water to a boil in a 4 1/2-quart or larger pot. When the water reaches a rapid boil, add the pasta, and cook just until tender, according to the package directions.

2. Meanwhile, place the peas in a colander, and run warm tap water over them for 30 seconds to begin defrosting. Set aside to drain well. Core the tomatoes, and cut them into bite-size pieces. Set aside.

3. In a saucepan over low heat, combine the milk and celery soup, and whisk until most of the lumps disappear. Cut the butter into 3 pieces, and add them to the pan. Add the Parmesan cheese, onion flakes, garlic powder, Worcestershire sauce, Tabasco sauce, and dill. Raise the heat to medium-high. Bring the mixture just to boiling, and stir until the butter and cheese melt.

4. Reduce the heat to low. Add the salmon (drained well if using canned), peas, and tomatoes. Flake the chunks of salmon with a wooden spoon. Season with salt and pepper to taste. Remove the sauce from the heat. Drain the pasta, and place some on each serving plate. Top with sauce, and serve.
Serves 4

Approximate Values Per Serving: 441 calories (29% from fat), 14 g fat (7 g saturated), 47 mg cholesterol, 24 g protein, 55 g carbohydrates, 4 g dietary fiber, 1,056 mg sodium

Seared Salmon with Orange Glaze

6 (6-oz each) salmon fillets, skinned if desired
1 Tbs sesame oil, preferably untoasted (see note)
3 tsp low-sodium soy sauce
1/4 cup white wine
1 cup fresh-squeezed orange juice
1 tsp grated or minced orange zest
3 Tbs sherry
1/2 tsp peeled, grated or minced ginger root
2 thin slices orange, unpeeled

Pat salmon dry. Preheat oven to 400 degrees F. Have ready a glass baking dish large enough to hold salmon in a single layer.

In a large skillet over medium-high heat, heat oil. Add salmon and sear, turning once, 1 minute on each side. You should hear fish sizzle. Transfer salmon to baking dish and drizzle with soy sauce and wine. Transfer to oven and roast 10 minutes until cooked through and flakes easily.

Meanwhile, in a nonreactive small saucepan over medium-high heat, heat orange juice and zest, sherry and ginger; simmer, stirring frequently, about 15 minutes until sauce is reduced by half and thickened. Add orange slices and cook, stirring once or twice. Remove from heat. Transfer salmon to individual plates, drizzle with sauce and serve immediately.

Yield: 6 servings

Note: Untoasted or unroasted sesame oil is pressed from unroasted sesame seeds and is pale in color and mildly flavored. It can be substituted for almost any vegetable oil. Toasted or roasted sesame oil is made from toasted sesame seeds and is dark brown in appearance and intensely flavored. Because it has a low smoke point, it is best reserved for marinades or for drizzling over food just prior to serving.