

PANTRY STAPLES:

10
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WITH
**CANNED
FISH**

BY LISA TURNER



1. Creamy Salmon Dip: Combine canned salmon with plain Greek yogurt, minced red onion, lemon juice, horseradish and fresh or dried dill. Serve with cucumber rounds, sliced radishes, bell pepper strips and steamed asparagus spears for dipping.

2. Roasted Sardines: Toss whole sardines with capers, Kalamata olives, thinly shaved fennel and leeks, and olive oil; roast until vegetables are tender, then sprinkle with red pepper flakes and parsley and serve with pasta.

3. Sesame Tuna Salad: Combine canned tuna with minced ginger, chopped green onions, shredded carrots, sesame oil and rice vinegar. Layer in lettuce leaves and top with chopped cashews.

4. Salmon Cakes: Combine canned salmon with minced red onion and red bell peppers, eggs and panko, mixing well; form into patties, cook in olive oil, and serve with a spicy tartar sauce.

5. Easy Nicoise: Toss chopped lettuce with an herbed vinaigrette; arrange on a plate and top with chunks of cooked potatoes, steamed green beans, cherry tomatoes, chickpeas, olives and canned tuna fillets.

6. Salmon Chowder: Sauté onions, celery and garlic, add vegetable broth, diced potatoes and a thyme sprig, and simmer until potatoes are tender. Stir in canned salmon and a splash of cream, and warm through.

7. Tuna Tacos: Combine canned tuna with salsa, black beans and thawed frozen corn kernels, then layer on soft tortillas with avocado, chopped green onions, minced cilantro, thinly shaved red cabbage and queso fresco.

8. Salmon Salad in Avocado: Combine canned salmon with finely chopped spinach, minced red onions and Greek yogurt, mound into halved and pitted avocados. Sprinkle with finely chopped basil.

9. Sardine Pasta Sauce: Sauté canned sardines with leeks and garlic; add canned or jarred diced tomatoes, jarred roasted red pepper and minced tarragon and warm through, then toss with olive oil and cooked linguine. Top with shaved Parmesan.

10. Quick Poke Bowl: Toss cooked rice noodles, shredded carrots, chopped green onions and thinly sliced snow peas with sesame oil and tamari, then mound in a bowl, top with canned salmon, and garnish with radish slices and black or brown sesame seeds.