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Salmon Recipes

[Asian Salmon Soup Bowl](#)

Ingredients

- 2 ½ cups (625 mL) chicken broth
- 1 tbsp (15 mL) lime or lemon juice
- 2 tsp (10 mL) grated fresh ginger root
- ¼ tsp (1 mL) crushed red pepper (optional)
- 2 oz (60 g) vermicelli pasta, broken in half
- 1 medium carrot, thinly sliced
- 1 can (170 g) [Clover Leaf Sockeye Salmon, Skinless and Boneless](#)
- 1 cup (250 mL) snow peas, halved diagonally
- 2 green onions, sliced
- cilantro (optional)



Preparation

1. In saucepan, bring to boil broth, lime juice, ginger root and crushed red pepper. Stir in pasta and carrot; simmer 4 minutes.
2. Add salmon, snow peas and green onions; continue simmering for 2 minutes or until heated through.
3. Serve in bowls. Garnish with chopped cilantro, if desired. Serves 3.

Nutritional Information per serving: Calories 200, Fat 7g, Sodium 800mg, Carbohydrate 23g, Fibre 3g, Protein 16g.



[Creamy Salmon Pasta](#)

Ingredients

- 2 cups (500 mL) penne pasta
- ¾ cup (175 mL) chicken broth
- ¼ cup (50 mL) snipped sundried tomatoes
- 2 cloves garlic, minced
- ¼ tsp (1 mL) each salt and pepper
- 6 oz (175 g) baby spinach
- 1 cup (250 mL) ricotta cheese
- 1 can (170 g) [Clover Leaf Sockeye Salmon, Skinless and Boneless](#), drained

Preparation

1. Cook pasta according to package directions. Drain.
2. Meanwhile, in large skillet, bring to boil chicken broth, sundried tomatoes, garlic, salt and pepper. Simmer 2 minutes. Add spinach and cook 2 minutes, just until wilted.
3. In large bowl, combine ricotta cheese and salmon. Add spinach mixture and drained pasta. Serve immediately with grated Parmesan cheese, if desired. Serves 3.

Nutritional Information per serving: Calories 590, Fat 19g, Sodium 820mg, Carbohydrate 73g, Fibre 5g, Protein 33g.

Hint: Use any bite-size pasta as desired; fusili, rotini, scoobi-doo, etc



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Salmon Recipes

[Creamy Salmon Dip](#)

Ingredients

- 1 can (170 g) [Clover Leaf Sockeye Salmon, Skinless and Boneless](#), drained
- 1 cup (250 mL) plain low fat yogurt
- ½ cup (125 mL) light mayonnaise
- 2 tbsp (30 mL) chili sauce
- 2 tbsp (30 mL) chopped chives or green onion
- 2 tbsp (30 mL) chopped fresh parsley

Preparation

In medium bowl, combine salmon, yogurt, mayonnaise, chili sauce, chives and parsley; mix until fairly smooth. Chill until serving. Serve with crudities.

Makes about 2 ¼ (550 mL) cups.

Nutritional Information per serving: Calories 60, Fat 4g, Sodium 190mg, Carbohydrate 2g, Fibre 0g, Protein 3g.

Hint: Prepare up to a day ahead; covered and refrigerated. Prepare vegetables ahead and store in plastic bags.



[Salmon and Feta Pie](#)

Ingredients

- 1 cup (250 mL) 2% cottage cheese
- ½ pkg (125 g) light cream cheese, softened
- 3 eggs
- 2-3 tsp (10-15 mL) chopped fresh dill
- ¼ tsp (1 mL) black pepper
- 1 can (170 g) [Clover Leaf Atlantic Salmon, Skinless and Boneless](#), drained
- 2 green onions, chopped
- ½ cup (125 mL) crumbled light feta cheese
- 1 9-inch (23 cm) unbaked frozen deep dish pie shell, thawed according to package directions

Preparation

1. In food processor or blender, process cottage cheese until smooth. Add cream cheese and process until smooth. Add eggs, dill and pepper; blend until smooth.
2. Stir in salmon, green onions and feta. Pour into pie crust.
3. Bake at 375°F (190°C) 35-40 minutes or until set. Serve warm or chilled. Makes 8 servings.

Nutritional Information per serving: Calories 290, Fat 18g, Sodium 530mg, Carbohydrate 17g, Fibre 0g, Protein 14g.

Hint: Instead of feta, substitute other favourite cheeses: cheddar or Swiss. This pie may be prepared up to a day ahead; cover and refrigerate. Reheat at 350°F (180°C) about 20 minutes.



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Salmon Recipes

Salmon Fettucini Alfredo

Ingredients

- 8 oz (250 g) fettucini
- 2 cups (500 mL) sliced asparagus (about 1/2 lb/250g)
- 1 large clove garlic, minced
- 2 tbsp (30 mL) water
- 1 cup (250 mL) milk
- ¼ cup (50 mL) light cream cheese
- ¼ tsp (1 mL) each pepper and nutmeg (optional)
- 1 can (170 g) [Clover Leaf Sockeye Salmon, Skinless and Boneless](#), drained
- ½ cup (125 mL) grated Parmesan cheese



Preparation

1. Cook fettucini according to package directions; drain.
2. Meanwhile, in covered skillet over medium heat, cook asparagus, garlic and water 2-3 minutes or until asparagus is just tender.
3. Whisk together milk, cream cheese, pepper and nutmeg (if using) ; stir into skillet. Cook and stir until thickened. Add salmon, cheese and drained fettucini and toss well.
4. Serve immediately with additional Parmesan cheese, if desired. Makes 3 servings.

Nutritional Information per serving: Calories 600, Fat 19g, Sodium 690mg, Carbohydrate 69g, Fibre 3g, Protein 34g.



Salmon Spring Rolls

Ingredients

- 6 small (6 inch/15 cm) flour tortillas
- 1 cup (250 mL) prepared, packaged teriyaki or Chinese fried rice, chilled
- 3 green onions, diagonally sliced
- 1 large carrot, grated
- 1 can (213 g) [Clover Leaf Pink Salmon](#), drained and flaked
- ¼ cup (50 mL) chopped cilantro or parsley
- 1 tbsp (15 mL) soy sauce
- 1 tbsp (15 mL) water
- 2 tsp (10 mL) liquid honey
- 1 ½ tsp (7 mL) lime juice

Preparation

1. Lay tortillas on cutting board; divide rice among tortillas, spread over surface. Layer onions, carrot, salmon and cilantro over rice. Fold bottom third of tortilla over filling; roll up.
2. In small bowl, combine soy sauce, water, honey and lime juice. Serve rolls with dipping sauce. Makes 6 rolls.

Nutritional Information per serving: Calories 370, Fat 7g, Sodium 1480mg, Carbohydrate 60g, Fibre 3g, Protein 17g.

Hint: Reserve remaining prepared fried rice for another meal.



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Salmon Recipes

Salmon Stuffed Cucumbers

Ingredients

- 1 medium cucumber
- 1 can (213 g) [Clover Leaf Sockeye Salmon](#), drained and skin removed
- 3 tbsp (45 mL) light mayonnaise
- 2 tsp (10 mL) finely chopped fresh dill
- 1 tsp (5 mL) finely grated lemon rind
- Freshly ground black pepper
- Small lemon wedges and dill springs



Preparation

1. Slice cucumber lengthwise. Using a spoon, hollow out cucumber removing seeds; set aside.
2. In small bowl, combine salmon, mayonnaise, dill and lemon rind. Add pepper to taste. Using a spoon or piping bag, fill both halves of cucumber with salmon filling. Slice each half crosswise into 5 pieces.
3. Garnish with small lemon wedges and dill. Makes 10 appetizers.

Nutritional Information per serving: Calories 60, Fat 4g, Sodium 130mg, Carbohydrate 1g, Fibre 0g, Protein 5g.

Hint: Salmon filling may be prepared up to a day ahead; stuff cucumber at serving time.



Mediterranean Couscous Salad

Ingredients

- 1 can (170 g) [Clover Leaf Sockeye Salmon, Skinless & Boneless](#), UNDRAINED
- 1 medium carrot, grated
- ½ lemon, juice and rind
- 1 cup (250 mL) couscous
- 1 cup (250 mL) shredded fresh spinach
- ¼ cup (50 mL) chopped green onions
- 2 tsp (10 mL) chili powder
- 1 ¼ cups (300 mL) boiling chicken broth
- ¼ cup (50 mL) chopped walnuts

Preparation

1. In large bowl, combine salmon, carrot, lemon juice and rind, couscous, spinach, green onions and chili powder. Pour boiling chicken broth over all; mix well. Cover with foil and let stand 5 minutes.
2. Add walnuts and fluff with a fork. Serve immediately. Makes 4 servings.

Nutritional Information per serving: Calories 310, Fat 9g, Sodium 430mg, Carbohydrate 41g, Fibre 4g, Protein 16g.

Hint: Place chicken broth in large glass measuring cup. Microwave on HIGH until it boils. Couscous is often available in the bulk section of the supermarket; just purchase the quantity you need.



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Salmon Recipes

Salmon Panini

Ingredients

- 1 can (213 g) [Clover Leaf Pink Salmon, Wild Pacific](#), drained
- 3 tbsp (45 mL) each mayonnaise and chopped sun-dried tomatoes
- 1 tbsp (15 mL) chopped capers
- ¼ tsp (1 mL) pepper
- 4 flatbreads or pocket-less pitas
- ½ cup (125 mL) lightly packed fresh basil or arugula leaves
- 4 thin slices provolone or mozzarella cheese
- 2 tbsp (30 mL) Italian-style salad dressing or olive oil



Preparation

1. Preheat a grill or grill-pan to medium. Remove the skin and bones from the salmon if desired. Blend the salmon with the mayonnaise, sun-dried tomatoes, capers and pepper until well combined. Divide the mixture equally and spread evenly over two of the flatbreads.
2. Layer the fresh basil and cheese over each salmon topped flatbread and top with remaining flatbread. Brush the dressing evenly over the outside. Grill the sandwiches and occasionally press lightly with a spatula for 2 to 3 minutes per side or until well-marked and cheese is melted. Cut each sandwich into 4 wedges. Serves 4.

Nutritional Information per serving: Calories 450, Fat 22g, Sodium 1120mg, Carbohydrate 38g, Fibre 5g, Protein 26g.



Salmon Frittata

Ingredients

- 1 can (170 g) [Clover Leaf Pink Salmon, Skinless and Boneless](#)
- 2 tbsp (30 mL) butter or margarine
- 1 cup (250 mL) sliced fresh mushrooms
- ½ cup (125 mL) sliced celery
- ¼ cup (50 mL) chopped green onions
- ¼ cup (50 mL) slivered green pepper
- 2 cloves garlic, minced
- ¼ tsp (1 mL) each dried basil & oregano leaves
- ¼ tsp (1 mL) each salt & pepper
- 8 eggs
- ¼ cup (50 mL) milk

Preparation

1. Drain salmon and separate into chunks with a fork, set aside.
2. Melt butter in large 12-inch (30 cm) non-stick fry pan.
3. Add mushrooms, celery, green onions, green pepper, garlic, basil, oregano, salt and pepper to pan.
4. Sauté over high heat until vegetables are tender-crisp; remove from heat.
5. Beat together eggs and milk; pour over vegetables in pan.
6. Arrange chunks of salmon over top.
7. Cover and cook over medium-low heat 10 to 15 min. or until eggs are set. Makes 6 servings.

Nutritional Information per serving: Calories 170, Fat 11g, Sodium 320mg, Carbohydrate 3g, Fibre 0g, Protein 16g.



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Salmon Recipes

Salmon Mousse Elegante

Ingredients

- 2 cans (170 g each) [Clover Leaf Skinless & Boneless Pink Salmon](#)
- ¼ cup (50 mL) lime juice
- 1 pkg unflavoured gelatin
- 1 cup (250 mL) water
- 2 tsp (10 mL) honey
- ½ pkg (125 g) cream cheese, softened
- 1 cup (250 mL) mayonnaise
- 1 tbsp (15 mL) vinegar
- 2 cups (500 mL) diced celery
- 2 tbsp (30 mL) chopped green onion
- 1 tbsp (15 mL) chopped fresh dill
- ½ cup (125 mL) whipped cream



Preparation

1. Drain salmon and break into small pieces. Pour lime juice into a saucepan and sprinkle gelatin over it, stirring over low heat until dissolved. Remove from heat.
2. Boil the water in another saucepan, add honey and gelatin, stirring constantly over low heat until blended. Remove from heat and let stand until it begins to set. (To speed up set time, immerse saucepan in cold water. Stir mixture constantly until it begins to set.)
3. Beat softened cream cheese with mayonnaise and vinegar. Add gelatin and beat until well blended. Add celery, green onion, dill and salmon; stir until well mixed.
4. In a bowl, beat whipping cream until stiff and fold into the salad. Pour into a lightly greased mold and refrigerate until set. Unmold and garnish with cucumber wreath or unmold onto a bed of lettuce. Serves 4-6.

Nutritional Information per serving: Calories 570, Fat 53g, Sodium 700mg, Carbohydrate 6g, Fibre 1g, Protein 20g.



Salmon 'n' Green Bean Salad

Ingredients

- 1 cup (250 mL) green beans, cut in half
- 1 can (170 g) [Clover Leaf Skinless Boneless Atlantic Salmon](#), drained
- 2 cups (500 mL) seasonal greens
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) balsamic vinegar

Preparation

1. In a saucepan, cook the green beans in boiling water for 3 minutes; rinse in cold water and drain.
2. Toss with salmon, broken into chunks.
3. In a serving dish, place salmon and bean mixture over top of greens.
4. Whisk the olive oil and balsamic vinegar together. Drizzle over salad.
5. If desired, sprinkle with toasted almonds and season with salt and pepper to taste.
6. Serve by itself or with toasted bread. Makes 2 servings.

Nutritional Information per serving: Calories 310, Fat 23g, Sodium 420mg, Carbohydrate 8g, Fibre 2g, Protein 19g.



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Salmon Recipes

Salmon Garden Linguini

Ingredients

- 1 can (170 g) [CLOVER LEAF Skinless & Boneless Sockeye Salmon](#)
- 2 cups (500 mL) linguini noodles
- 2 cups (500 mL) chopped vegetables (bell peppers, asparagus, red onions, snow peas)
- 1 tbsp (15 mL) oil
- 2 cups (500 mL) light cream
- ½ tsp (2 mL) salt
- 1 tsp (4 mL) pepper
- ¼ tsp (1 mL) thyme
- ½ cup (125 mL) grated parmesan cheese



Preparation

1. Drain salmon and break into bite size pieces.
2. Cook linguini following package directions until "al dente", cooked but firm. Drain in a sieve and rinse under cold running water.
3. Stir fry vegetables in oil until just softened. Set aside.
4. In a large saucepan, bring cream to boil. Boil rapidly 4 to 5 minutes until reduced to 2/3. Add salt, pepper and thyme, then cook for one minute more. Add parmesan and linguini stirring over medium heat until sauce begins to boil. Add salmon and cooked vegetables. Heat for another minute. Makes 4 servings.

Nutritional Information per serving: Calories 830, Fat 40g, Sodium 730mg, Carbohydrate 87g, Fibre 3g, Protein 30g.



Salmon Bisque

Ingredients

- 2 tbsp (30 mL) butter or margarine
- ¼ cup (50 mL) finely chopped onion
- ½ cup (125 mL) finely chopped celery
- 1 can (170 g) [Clover Leaf Skinless & Boneless Pink Salmon](#)
- 1 can (284 mL) cream of celery soup
- ½ soup can milk
- ½ soup can water
- 2 tbsp (30 mL) ketchup
- 2 tbsp (30 mL) finely chopped fresh parsley
- ¼ tsp (1 mL) dried thyme
- 1/8 tsp (0.5 mL) pepper

Preparation

Melt butter in medium saucepan over medium heat. Stir in onion and celery until translucent and lightly golden, about 3 minutes. Remove from heat. Add salmon chunks and juice. Add all remaining ingredients. Return to heat, stirring gently until mixture begins to simmer. Remove from heat. Serve at once. Makes 4-6 servings.

Nutritional Information per serving: Calories 150, Fat 9g, Sodium 670mg, Carbohydrate 8g, Fibre 2g, Protein 10g.



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Salmon Recipes

Fanciful Salmon Salad

Ingredients

- 2 cans (213 g each) [Clover Leaf Sockeye Salmon](#)
- 1 tbsp (15 mL) lemon juice
- 1 ½ cups (375 mL) shredded cabbage
- ¼ cup (50 mL) chopped green pepper
- 1 tbsp (15 mL) chopped green onion
- ½ tsp (2 mL) chili powder
- ¼ cup (50 mL) mayonnaise
- Pepper to taste
- 4 tomatoes
- lettuce, Chives
- 2 hard cooked eggs, finely chopped



Preparation

1. Drain salmon, remove skin and bones as desired. Break into bite size pieces. Sprinkle fish with lemon juice. Toss together salmon, cabbage, green pepper and green onion; refrigerate.
2. In another bowl mix together chili powder, mayonnaise and pepper; refrigerate.
3. When ready to serve cut each tomato into 8 wedges, leaving core intact; spread apart wedges to form a star. Place each tomato star on a bed of lettuce. Blend salmon and mayonnaise mixtures and fill stars. Garnish with chopped egg and chives. Makes 4 servings.

Nutritional Information per serving: Calories 260, Fat 18g, Sodium 350mg, Carbohydrate 10g, Fibre 3g, Protein 16g.

Salmon Chick Pea Salad

Ingredients

- 1 can (170 g) [Clover Leaf Skinless Boneless Sockeye Salmon](#), drained
- 1 ¼ cup (275 mL) chick peas, drained
- 1 cup (250 mL) cherry tomatoes, chopped; reserve 1/2 a cherry tomato for garnish
- 1 sweet yellow pepper, half diced, half cut into rings
- ¼ cup (50 mL) low fat Italian dressing



Preparation

1. Toss together the salmon, chick peas, tomatoes, diced pepper and dressing.
2. Serve over top of your favourite greens or on its own.
3. Garnish with half a cherry tomato or yellow bell pepper rings and a sprig of chervil.

Serves 2

Nutritional Information per serving: Calories 370, Fat 14g, Sodium 640mg, Carbohydrate 34g, Fibre 6g, Protein 27g.

Hint: You can use any one of Clover Leaf's skinless boneless salmon products: [Sockeye](#), [Pink](#) or [Atlantic](#).



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Salmon Recipes

Wasabi Salmon & Asian Slaw

Ingredients

Salmon:

- 1/3 cup (75 mL) light mayonnaise
- 2 tsp (10 mL) prepared wasabi paste
- 1 can (213 g) [Clover Leaf Sockeye Salmon](#), drained
- 1 green onion, chopped

Slaw:

- 1 tbsp (15 mL) each low sodium soy sauce and lime juice
- 1 tsp (5 mL) honey
- 1 clove garlic, minced
- ¼ tsp (1 mL) pepper
- 3 tbsp (45 mL) vegetable oil
- 2 tsp (10 mL) toasted sesame oil
- 3 cups (750 mL) broccoli or other coleslaw blend
- sesame seeds



Preparation

- 1. Salmon:** Combine mayonnaise and wasabi paste in a medium-sized bowl. Blend until well combined. Mash the salmon with a fork until bones and skin are well combined. Blend the salmon and green onion with the mayonnaise mixture. Reserve.
- 2. Slaw:** In a large bowl, combine the soy sauce, lime juice, honey, garlic and pepper. Whisking, drizzle in the vegetable and sesame oils. Add the slaw blend and toss to combine. Divide the slaw between 4 plates. Top each bed of slaw with a scoop of salmon and sprinkle with sesame seeds.

Makes 4 servings

Nutritional Information per serving: Calories 320, Fat 26g, Sodium 700mg, Carbohydrate 13g, Fibre 1g, Protein 10g.

Hint: To make your own wasabi paste, blend equal parts wasabi powder with water until smooth. Because different powders have different heat intensities, add to the salmon a little at a time tasting between additions.



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Salmon Recipes

[Salmon Zucchini Moussaka](#)

Ingredients

Béchamel Sauce:

- 1 tbsp (15 mL) butter
- 4 tsp (20 mL) all-purpose flour
- 1 ¼ cups (300 mL) light cream
- ½ tsp (2 mL) each white pepper and salt
- ¼ tsp (1 mL) ground nutmeg

Moussaka:

- 2 medium zucchinis, thinly sliced
- ½ tsp (2 mL) each salt and pepper
- 1 tbsp (15 mL) each butter and olive oil
- 2 cans (213 g each) [Clover Leaf Sockeye Salmon](#), drained
- ½ cup (125 mL) marinara or tomato sauce
- ¼ cup (50 mL) finely chopped onion
- 1 plum tomato, seeded and diced
- 1 tbsp (15 mL) each Dijon mustard and chopped fresh parsley
- 1 clove garlic, minced
- ½ tsp (2 mL) ground allspice
- 2 cups (500 mL) hot, cooked potatoes, mashed



Preparation

- 1. Béchamel:** Melt the butter in a small saucepan set over medium heat. Blend in the flour and cook, stirring, for 1 minute. Gradually whisk in the light cream. Cook, whisking gently, for 5 to 7 minutes or until thickened. Stir in the pepper, salt and nutmeg. Reserve.
- 2. Moussaka:** Preheat the oven to 350 F (180 C) . Working in batches using a nonstick skillet set over medium-high heat, lightly brown the zucchini slices in the butter and oil. Season with salt and pepper. Arrange half the zucchini in a single layer in the bottom of a greased 8-in (20 cm) casserole. Use a fork to mash the salmon, crushing the bones. Stir in the marinara sauce, onion, tomato, Dijon mustard, parsley, garlic and allspice. Spread evenly over the zucchini.
- 3.** Blend ¼ cup (50 mL) of the béchamel sauce into the mashed potatoes. Spread the potatoes evenly over the salmon mixture. Arrange the remaining zucchini evenly over the potatoes. Spread the remaining béchamel sauce over the zucchini. Bake, covered, for 20 minutes; uncover and bake for 10 to 15 minutes or until bubbly and golden.

Makes 6 servings.

Nutritional Information per serving: Calories 350, Fat 25g, Sodium 1060mg, Carbohydrate 16g, Fibre 2g, Protein 18g.



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Salmon Recipes

Salmon Mornay Bake

Ingredients

- 2 cups (500 mL) green beans, trimmed and halved
- 2 cups (500 mL) cooked, long grain brown or white rice
- 2 cans (213 g each) [Clover Leaf Sockeye Salmon](#), drained
- 2 hard-boiled eggs, peeled and chopped
- 2 cups (500 mL) milk
- 2 tbsp (30 mL) cornstarch
- 1 egg yolk
- 2 tbsp (30 mL) white wine or chicken broth
- ½ tsp (2 mL) each finely grated lemon zest, salt and pepper
- ¾ cup (175 mL) fresh bread crumbs
- 1 tbsp (15 mL) melted butter



Preparation

1. Preheat the oven to 375 F (190 C) . Blanch the green beans in a large pot of salted, boiling water for 4 minutes. Drain and rinse under cold running water until cool. Drain well. Spread the rice evenly in the bottom of a buttered, 8 cup (2 L) casserole dish. Remove the skin and bones from the salmon (if desired) and scatter the chunks evenly over the rice. Layer the eggs and blanched green beans over the salmon.
2. Whisk the milk with the cornstarch. Heat in the microwave for 2 to 2 1/2 minutes or until steaming; stop twice to stir. Whisk the egg yolk with the wine or chicken broth. Stir some of the hot milk mixture into the egg mixture; then stir the yolk mixture back into the remaining milk mixture. Cook for 2 to 3 minutes or until thickened; stop to stir every 30 seconds. Stir in the lemon zest, salt and pepper.
3. Spread the sauce evenly over the beans. (Casserole may be prepared up to this point and reserved for 1 day covered, in the refrigerator.) Toss the breadcrumbs with the butter; sprinkle evenly over the casserole. Cover and bake the casserole for 30 minutes or until bubbly.
4. Uncover and broil for 2 minutes or until the topping is browned.

Makes 6 servings

Nutritional Information per serving: Calories 330, Fat 14g, Sodium 570mg, Carbohydrate 28g, Fibre 2g, Protein 22g.



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Salmon Recipes

Salmon Burgers

Ingredients

- 2 cans (170 g each) [Clover Leaf® Skinless Boneless Sockeye Salmon](#), drained
- 1 large fresh egg, slightly beaten
- ½ cup (125 mL) chopped onion
- ½ cup (125 mL) diced green bell pepper
- ½ cup (125 mL) fresh whole wheat bread crumbs
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) grated lemon peel
- ½ tsp (2 mL) dry rosemary, crushed
- pinch ground black pepper
- 1 tbsp (15 mL) vegetable oil
- 4 hamburger buns, toasted
- Condiments, dill pickle, lettuce, tomato and/or red onion (optional)



Preparation

1. Combine salmon, egg, onion, bell pepper, bread crumbs, lemon juice, lemon peel, rosemary and black pepper.
2. Form mixture into 4 burgers. Chill for at least 1/2 hour to set.
3. Heat the oil in a large, nonstick skillet set over medium heat. Add the burgers without crowding the pan. Cook for 3 to 5 minutes per side, or until lightly browned. Transfer burgers to toasted buns and top with your favorite condiments, pickle, lettuce, tomato and red onion, as desired. Serves 4.

Nutritional Information per serving: Calories 360, Fat 15g, Sodium 640mg, Carbohydrate 35g, Fibre 7g, Protein 24g.

Hint: To grill the burgers, preheat the grill to medium and grease well. Place burgers on the grill and cook for 3 minutes per side or until lightly browned.

Clover Leaf® offers [Skinless Boneless Atlantic Salmon](#) and [Skinless Boneless Pink Salmon](#), as well.

Salmon Pâté

Ingredients

- 1 can (170 g) [Clover Leaf Skinless Boneless Sockeye Salmon](#), drained
- ½ package (125g) Sundried tomato cream cheese, softened
- 3 tbsp (45 mL) prepared horseradish
- 1 tbsp (15 mL) lemon juice
- 5 tbsp (75 mL) chives, chopped



Preparation

1. In a medium bowl, mix together the salmon, cream cheese, horseradish, lemon juice and 1/2 of the chives.
2. Roll the mixture, to form a 6" long, 1 1/2" diameter size log (or any shape you desire) , then roll the form to coat with the remaining chives.

3. Serve with flatbread, baguette, assorted crackers and/or antipasto, if desired. Makes 1 cup (250mL)

Nutritional Information per serving: Calories 100, Fat 8g, Sodium 220mg, Carbohydrate 2g, Fibre 0g, Protein 6g.

Hint: You could use any one of Clover Leaf's skinless boneless salmon products: [Sockeye](#), [Pink](#) or [Atlantic](#).



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Salmon Recipes

Mediterranean Salmon n' Tomato Cups

Ingredients

- 6 campari tomatoes
- 2 cans (170 g each) [Clover Leaf Skinless Boneless Atlantic Salmon](#), drained and flaked
- ½ cup (125 mL) sour cream or light sour cream
- 1 tbsp (15 mL) oregano, dried
- ½ cup (125mL) kalamata black olives, pitted and chopped

Preparation

1. Cut tomatoes in half, width wise to make 12 tomato halves.
2. Remove the seeds using teaspoon or a small melon baller to form tomato "cups". Set aside.
3. In medium-size bowl, blend together the salmon, sour cream, oregano and olives.
4. Mound salmon into tomato cups and serve by itself or over mixed greens, if desired. Serves 4.

Nutritional Information per serving: Calories 170, Fat 9g, Sodium 410mg, Carbohydrate 7g, Fibre 2g, Protein 16g.

Hint:

1. A Campari tomato is slightly larger than a cherry and yet smaller than a field tomato.
2. If desired, use a serrated knife to cut 1/8 inch off the stem end of each tomato and a tiny bit off the bottom so the tomato halves will stand.
3. The tomato seeds can be added to a soup or tomato sauce.



Salmon Cucumber Couscous

Ingredients

- 1 cup (250 mL) couscous, uncooked
- 1 can (170g) [Clover Leaf Skinless Boneless Sockeye Salmon](#), drained
- 1 cup (250 mL) cucumber, diced
- ½ red bell pepper, diced
- ¼ cup (50 mL) low calorie Herb n' Garlic vinaigrette

Preparation

1. In a medium bowl, combine the dried couscous with 1¼ cups boiling water.
2. Cover with plastic wrap for 4 minutes. Peel the plastic wrap away and with a fork, stir the couscous.
3. Add the salmon, vinaigrette, diced cucumber and pepper.
4. Toss together and serve on its own, garnished with cucumber round slices or in an iceberg lettuce cup, if desired. Makes 2 servings.

Nutritional Information per serving: Calories 520, Fat 10g, Sodium 670mg, Carbohydrate 78g, Fibre 4g, Protein 29g.



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Salmon Recipes

Salmon Mini Danishes

Ingredients

- 1 can (213 g) [Clover Leaf Sockeye Salmon](#), drained
- 2 oz (60 g) chèvre-style goat cheese
- ¼ cup (50 mL) finely chopped sun-dried tomatoes
- 2 tbsp (30 mL) chopped fresh basil
- ½ tsp (2 mL) finely grated lemon zest
- ½ tsp (2 mL) pepper
- ½ pkg (about 250g) puff pastry dough, thawed
- 1 egg, beaten

Preparation

1. Preheat the oven to 450 F (230 C) . Remove skin and bones, as desired. Blend the salmon with the goat cheese, sun-dried tomatoes, basil, lemon zest and pepper until well combined.
2. Roll the puff pastry into a 12-in (30 cm) square. Cut into four squares and then cut each smaller square into four again to make sixteen in total. Brush the edges of each square with some of the beaten egg.
3. Cut three, 3/4-inch (2 cm) slashes crosswise, down the centre of each square. Place a spoonful of the filling in the centre of the square so that it sits over the slashes. Fold opposite sides over the filling, one slightly overlapping the other. Lightly pinch the ends shut and place, seam-side-down on a parchment paper lined baking sheet. Brush the danishes with the remaining egg and bake for 15 to 18 minutes or until puffed and golden.

Makes 16 appetizers.

Nutritional Information per serving: Calories 110, Fat 7g, Sodium 150mg, Carbohydrate 6g, Fibre 0g, Protein 6g.

