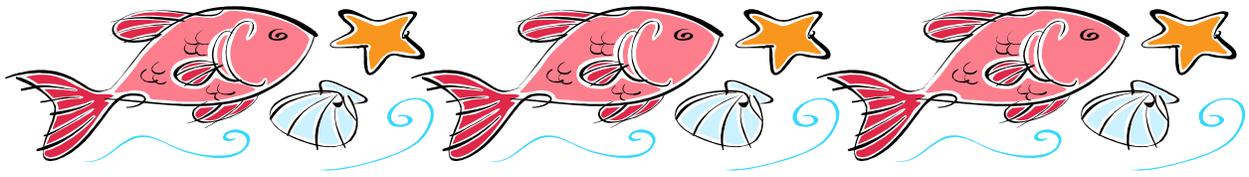


**EAT MORE:**  
*SALMON*©

By

**Kathy Habdas**  
[www.eatmore.net](http://www.eatmore.net)



# Introduction

## Eat More: Salmon

Everyone knows they should *eat more salmon*. Cold water fish, such as salmon, are rich in omega-3 fatty acid. Omega-3 fatty acids help us maintain healthy cholesterol levels, reduce some risks of cancer among other beneficial qualities. But lets face it, salmon just tastes good! In this edition of EAT MORE, I have complied some of the best salmon recipes I could find. Remember to be creative with the ingredients and use the freshest fish you can find. Eating healthy foods like salmon not only tastes good but is good for you!! What luck!

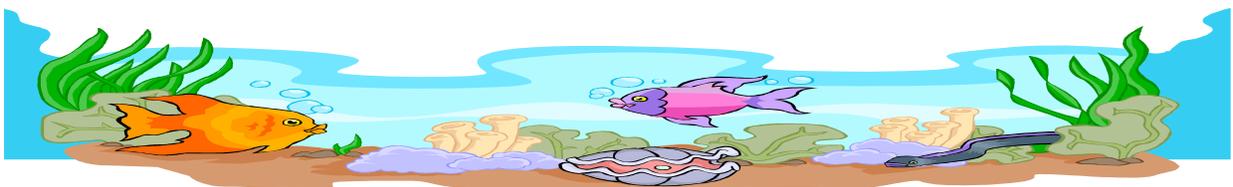
*Lets eat.....*



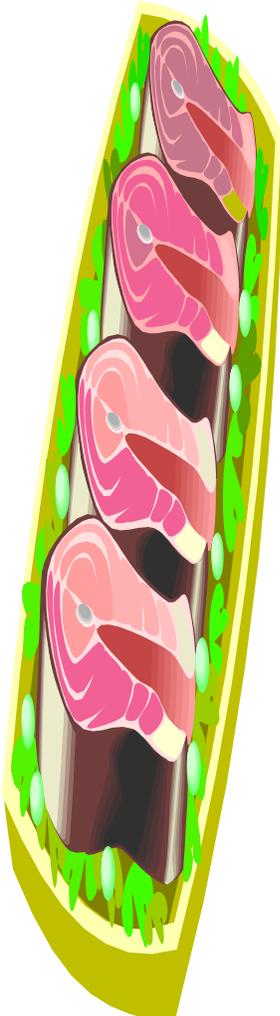


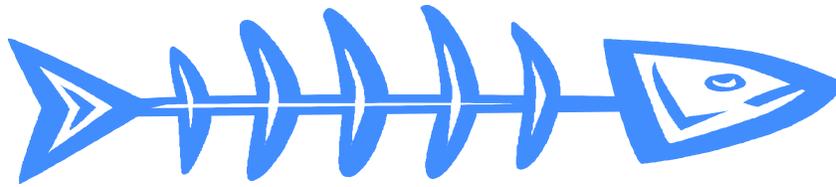
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# fresh!



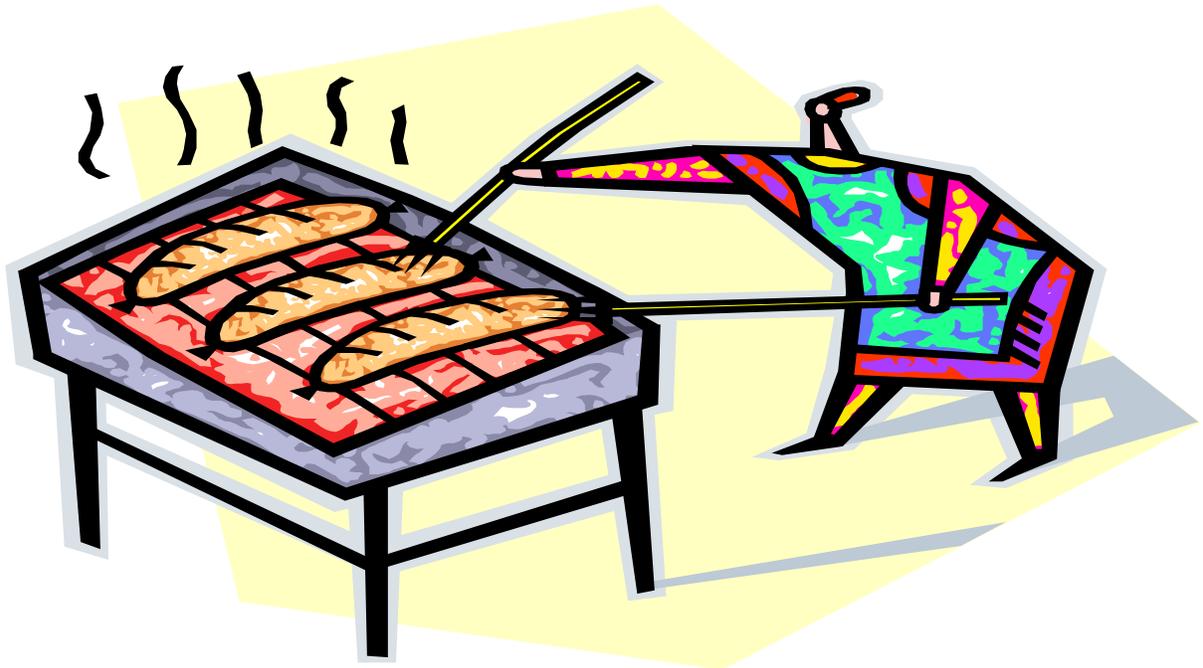
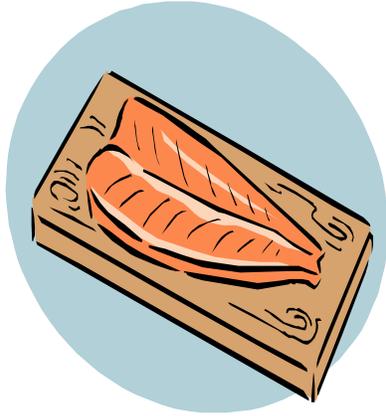
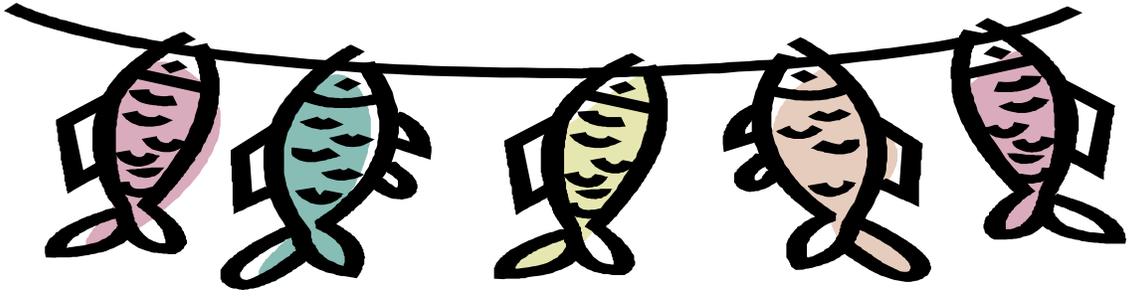


## Sweet Sara's Marinade, Baked Salmon

1 small clove of garlic, minced  
1 T brown sugar (or maple syrup or molasses)  
1T olive oil  
2 T soy sauce  
1 T balsamic vinegar  
Fresh ground pepper

In a bowl combine the listed ingredients together and whisk until well blended. Submerge a piece of washed salmon, the size for two servings, for 3-4 hours in the refrigerator. Pre-heat oven to 400 degrees. Place fish in an oven safe baking dish, drizzle remaining marinade on the fish. Bake for approx 20 minutes. (Never over cook fish). Serves 2.





## Kassie's Cedar Plank Smoked Salmon

Cedar Plank (for grilling)

2-3 Medium Salmon fillets

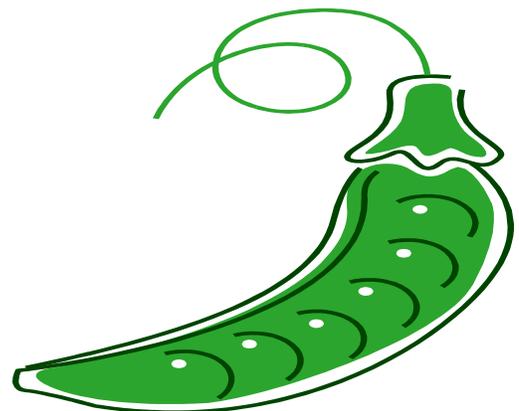
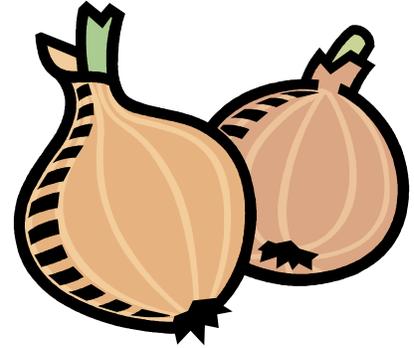
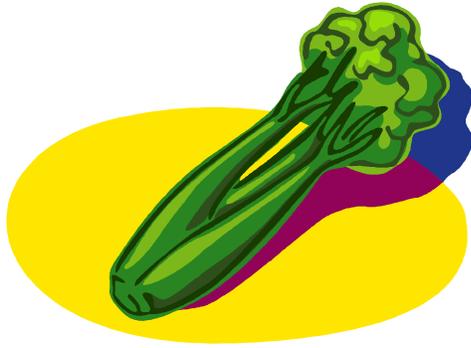
Salt, pepper

Light mix of herbs (rosemary, thyme)

Charcoal briquettes

Soak the cedar plank in fresh water for 4 hours. Wash salmon and dust with seasoning, chill. 3 hours later,, on a BBQ grill start the charcoal in a circle on the outside of the grill to heat the cedar plank but not burn it, causing the wood to smoke. When the briquettes are ready, place the salmon on the cedar plank and slide it onto the middle of the grill. Close grill cover and let smoke for 20 minutes. Test salmon with a fork to determine desired doneness. Eat with a garnish sauce or just as it is..... Wonderful with or on a salad.





## Salmon Noodle Casserole

2 cups flat noodle, cooked

1 can cream of celery soup

1/2 cup milk

1 small onion diced

2 stalks celery, diced

1 t salt

1/2 t dry mustard

1 cup frozen peas

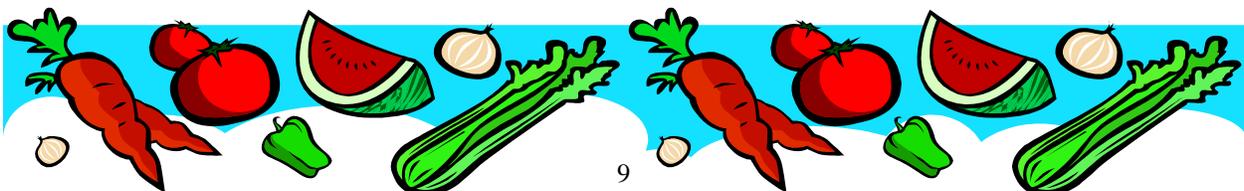
1 can salmon (drained and de-boned)

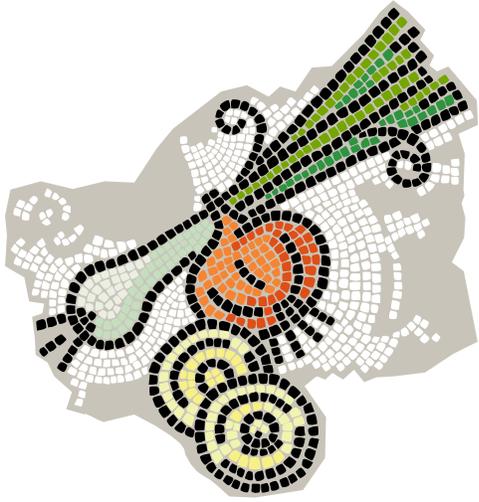
1/2 cup panko, toasted

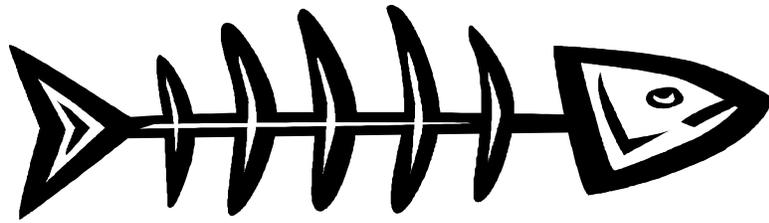
2 t butter

Pepper to taste

Stir soup, milk, celery, peas, salmon, onion, mustard, salt, and cooked noodles in a baking dish. Bake 375 for 30 minutes. While baking salmon, toast panko or other bread crumbs in 2 teaspoons butter. Stir toasted bread crumbs into salmon casserole and bake an additional 5 minutes. Serve warm.







## Mom's Salmon Casserole

1 can salmon (really good quality)

1 box unsalted saltine crackers (count, 56)

3-1/2 cups scalded milk

Salt and pepper to taste

Optional: sauté onions, mushrooms and add to salmon mixture

Break up 56 crackers into a bowl. Separate salmon with a fork drain off all liquid, Remove all bones from salmon. Mix all ingredients together. Spoon into a greased 9" baking dish. Pre-heat oven at 400 degrees. Bake at 400 degree for 45 minutes.

Serves 4.



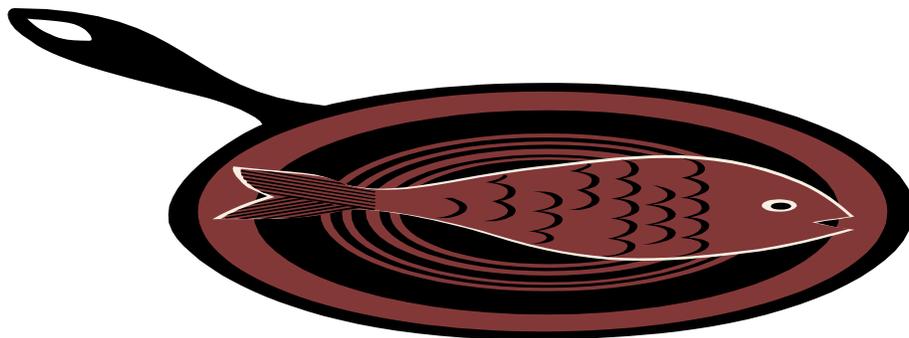


## Cousin Chris's Salmon Burgers



1/2 cup finely chopped scallions  
1/2 cup lemon or lime juice  
1 pound salmon, coarsely ground  
1 egg  
1/2 t salt  
1 T fresh dill  
1/4 cup flour  
Ground pepper to taste

Cook scallions until clear, add lemon juice and reduce. Allow to lemon mixture to cool. Mix salmon, egg, salt, pepper, dill and lemon mixture well. Form into 4 patties, flour lightly and cook in skillet until brown, approx. 2 minutes per side. Serve on buns with lettuce and tomato.



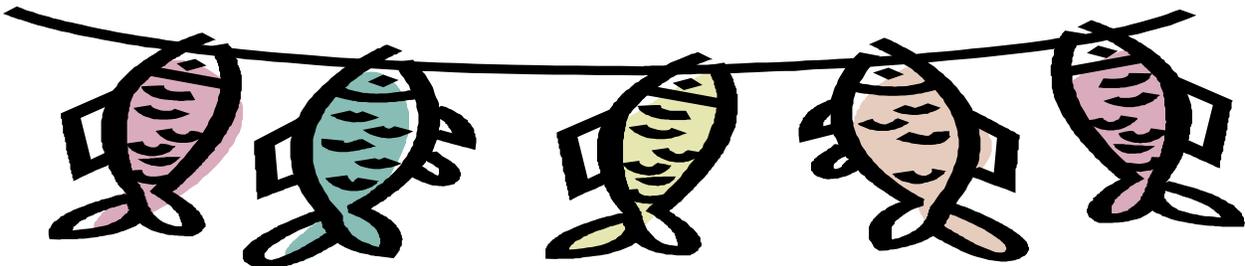


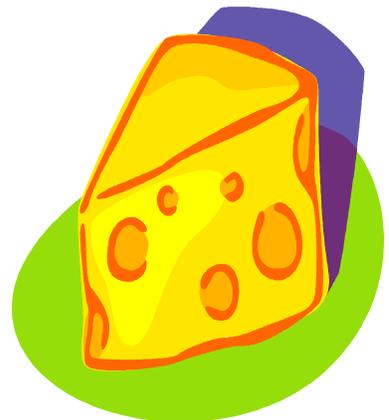
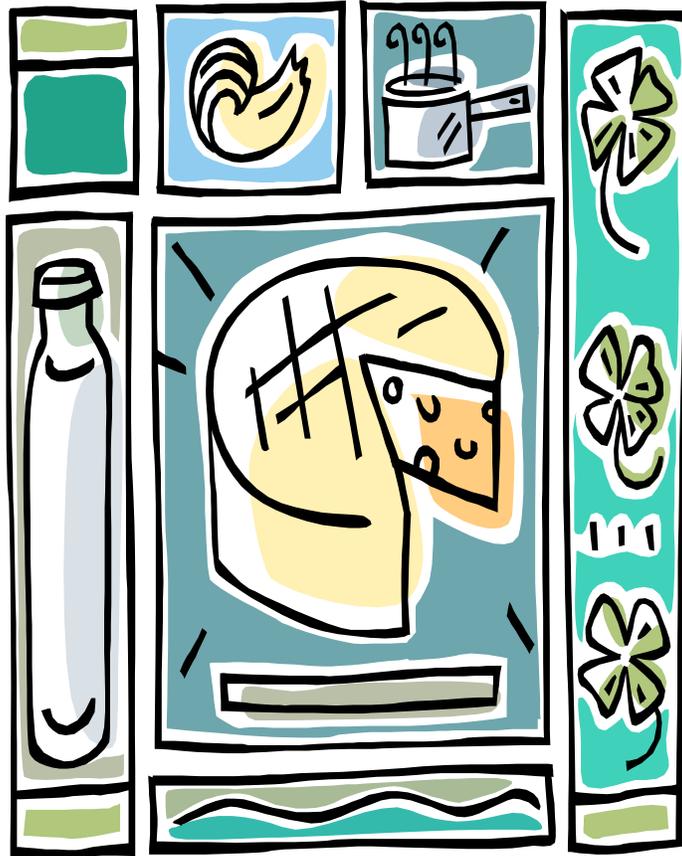
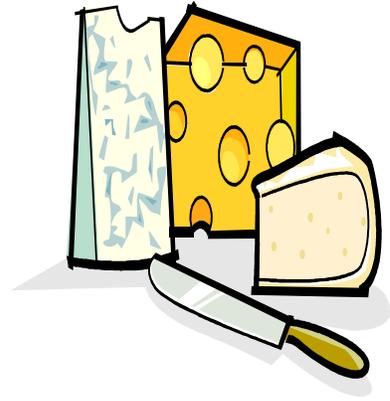
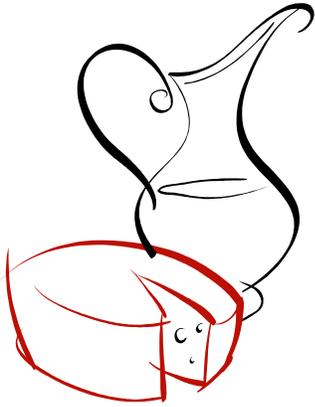
## Eve's Salmon Patties



- 1 large can Salmon, bones removed
- 1 egg, slightly beaten
- 1 cup chopped celery
- 1 cup chopped onions
- 1 clove chopped garlic
- 1 t pepper
- 1 T apple cider vinegar
- 1 strip-package of saltines, crushed

Mix together in a bowl the first 7 ingredients. Add one strip-package of saltine cracker, crushed up by hand. Make into patties and fry in canola or olive oil. Serve on a bun with lettuce and tomato.





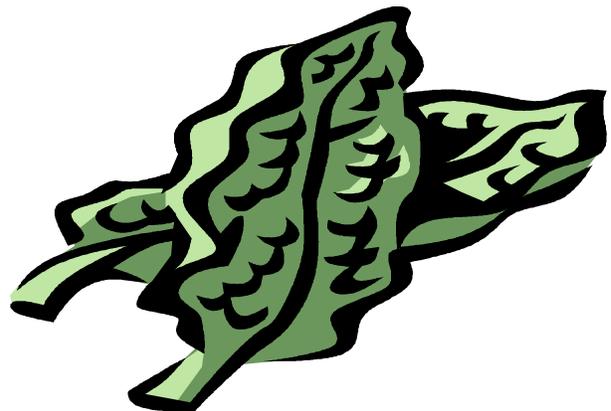
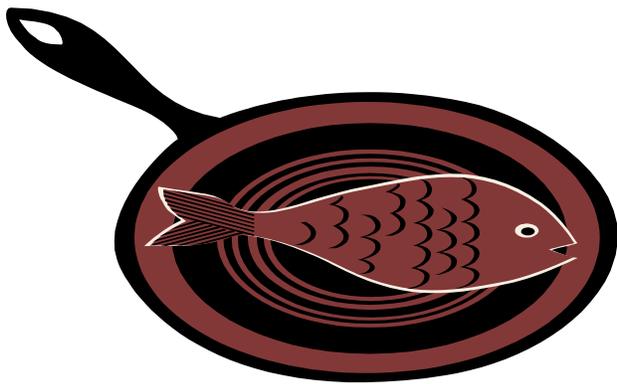
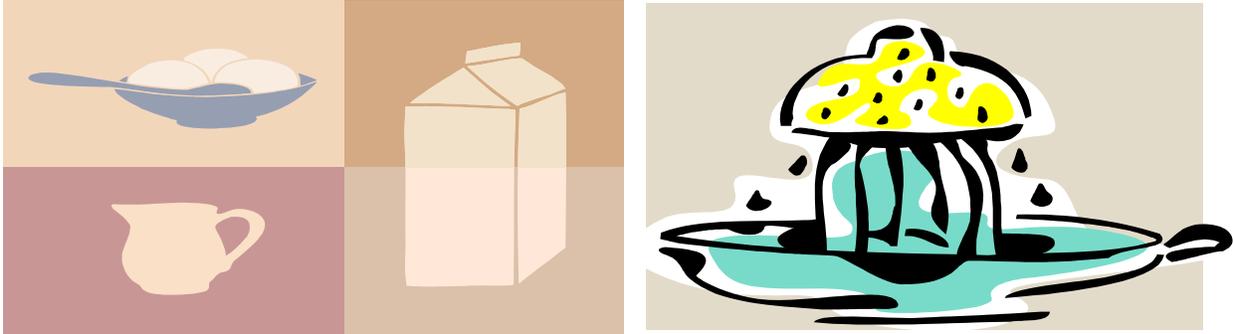
## Mandy's Salmon Cheese Ball

1 can salmon  
1 pkg. 8oz. cream cheese (softened)  
1 T lemon juice  
2 T minced onion  
1/4 t salt  
1/4-1/2 cup chopped pecans

Drain, flake and de-bone salmon. Add next 4 ingredients mixing well. Form a ball, cover with plastic wrap, and chill overnight.

The next morning reform as a ball and roll into the chopped pecans. Chill a few more hours. Serve with crispy crackers such as triskets or mild onion crackers.....*your* favorite crackers!!!



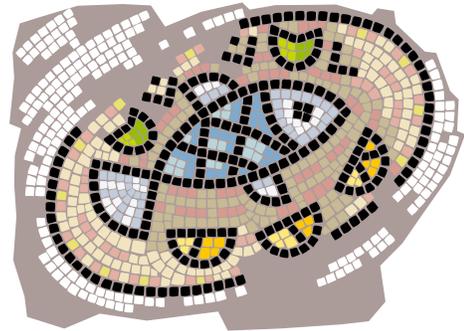


## Poached Salmon on Creamed Watercress

4 Salmon fillets  
1 lemon, zest and juice  
2 sprigs of dill  
1/2 T peppercorns

Sauce:

6 oz package of watercress  
8 oz crème fraiche (see page 19)  
1 oz chives  
Salt and pepper



Place fillets into a large flat pan with the lemon juice, lemon zest, dill and peppercorns. Barely cover with water and bring slowly to a boil. Turn off the heat and allow the salmon to go cold in the liquid.

Sauce: liquefy watercress with crème fraiche, chives then season with salt and pepper to taste.

Plate salmon fillet on creamed watercress to serve.





## Cucumber Dill Crème Fraiche

1 cup chopped cucumber  
2 cups crème fraiche  
1 T dill weed

Puree cucumber. Combine cucumber, crème fraiche , and dill weed in a small bowl. Salt and pepper to taste. Cover and refrigerate 1 hour.

## Kathy's Creamy Dill Dip

1/2 cup sour cream  
1/2 cup mayonnaise  
1 t beaumonde (or celery salt)  
1 t dill weed  
1/8 t onion powder

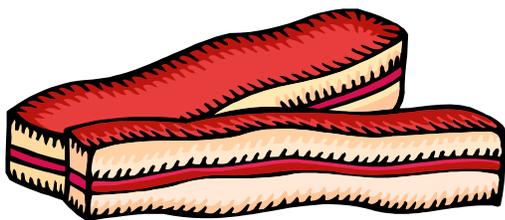
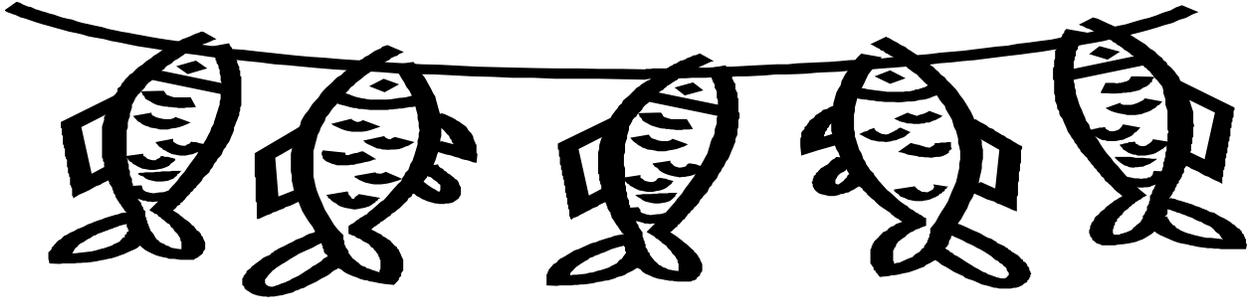
Mix all ingredients. Refrigerate to blend flavors.

## Crème Fraiche.

2 cups heavy cream  
1 ounce buttermilk

Combine cream and buttermilk in saucepan. Heat until warm to touch. Remove from heat and pour into a glass bowl, cover and let it sit out overnight to thicken. Store in the refrigerator.





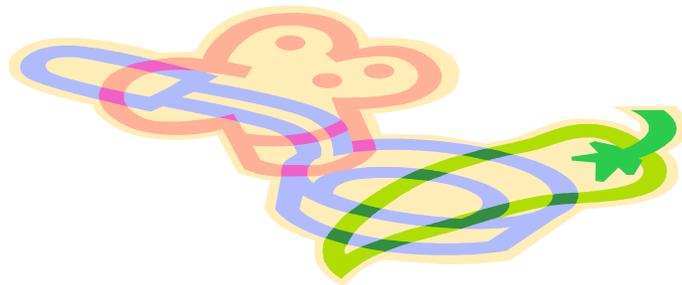
## Easy Broiled BBQ Salmon

**4 Salmon fillets**

**4 Maple flavor bacon, strips**

**Sweet Baby Ray's Hickory & Brown Sugar  
BBQ Sauce**

Turn on oven broiler and position rack down two levels from the top or heating element. Place salmon fillets on an oven proof baking dish. Liberally top with BBQ sauce. Lay one or two strips of bacon on top of the sauce. Broil until bacon is crisp, about ten minutes. Test fish for desired texture. If the fish is not quite done to your level of taste, turn oven off and close the door for 2-5 minutes as the fish continues to cook. Serve with your favorite rice.



*Thank you* for your interest in

## **EAT MORE: SALMON**

**I am dedicating this issue to my Goddaughter Callie who loves Salmon! I am looking forward to sharing with you the next compilation in the series.**

**Enjoy!**

**I live, I eat,**

**I cook!**

**K : )**

