

Timesaving Dishes with Alaska Salmon

Busy schedules and an increasing preference for foods that are light but satisfying make succulent Alaska salmon a popular food for today's changing lifestyles. Available fresh, frozen or canned, prized Alaska salmon is the delectable beginning for numerous dishes that can be prepared in double-quick time and guarantee top-notch eating for family and friends.

Speedy supper dishes when the family's on the go include a tasty Salmon Fettuccine that can be put together even by a novice cook in just minutes, and Sautéed Salmon Fillets, boasting a crisp golden coating encasing the succulent salmon. A kaleidoscope of colors and complementary flavors are found in Salmon Rainbow Salad when tender morsels of canned salmon are surrounded with colorful marinated vegetables for an especially attractive main dish salad.

When you're entertaining, Alaska salmon also has the magic to make meals special without spending long hours in the kitchen. When guests join you unexpectedly for lunch, supper or a late evening snack, Broiled Salmon Sandwiches can be quickly prepared with ingredients kept on hand. Party perfect is Dilly Salmon Dip, a great make-ahead appetizer which is surrounded with vegetables before serving. No need to forgo having guests for dinner if working keeps you on a busy schedule. For an impressive entree that's quickly prepared, serve Savory Salmon Kabobs. Chunks of salmon are alternated on skewers with fresh vegetables, then basted with a zesty Lime Butter.

Whether fresh, frozen or canned, Alaska salmon is an unbeatable choice for irresistible dishes that go together in minimal time. Nutritionally, it's hard to beat as well. Alaska salmon is an excellent source of complete protein and contains valuable vitamins and minerals.



SALMON FETTUCINE

- 1 can (7-3/4 oz.) salmon*
- 1 cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons oil
- 1/4 teaspoon EACH pepper and crushed basil

- 2 tablespoons butter or margarine
- 6 ounces fettuccine or spaghetti, cooked and drained
- 3 tablespoons minced parsley
- Grated Parmesan cheese

Drain salmon, reserving liquid; flake. Sauté onion and garlic in oil until onion is tender. Stir in reserved salmon liquid; cook 5 minutes over medium heat. Stir in salmon, pepper, basil and butter. Cook and stir 2 minutes. Toss with hot fettuccine and parsley. Serve with Parmesan cheese. Makes 3 or 4 servings.

* One cup cooked, flaked, fresh/frozen Alaska salmon may be substituted. Substitute 2 tablespoons fish stock or wine for reserved salmon liquid.

SALMON RAINBOW SALAD

- 1 cup EACH cherry tomatoes and sliced, cooked new potatoes
- 1/2 cup sliced mushrooms
- 1 crookneck squash, sliced and cooked until crisp-tender

- Italian Dressing
- 1 can (7-3/4 oz.) salmon*
- 1 zucchini, sliced and cooked until crisp-tender

In shallow dish marinate tomatoes, potatoes, mushrooms and crookneck squash in Italian Dressing 2 hours or longer in refrigerator. Drain, reserving dressing; remove garlic. Drain salmon; break into chunks. Arrange salmon, zucchini and marinated vegetables in rows on platter. Drizzle salmon and zucchini with dressing. Pass additional dressing. Makes 2 or 3 servings.

Italian Dressing: Combine 2/3 cup oil, 1/2 cup white wine vinegar, 1 teaspoon salt, 1/2 teaspoon crushed oregano, 1/4 teaspoon pepper and 1 clove crushed garlic. Makes about 1 cup.

* One cup cooked, chunked fresh/frozen Alaska salmon may be substituted.
Tip: Bottled Italian dressing may be substituted.

SAUTÉED SALMON FILLETS

- 1 egg, beaten
- 1 teaspoon prepared mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Dash paprika

- 4 (4 oz. EACH) Alaska fresh/frozen salmon fillets, thawed if necessary
- Instant potato flakes or dry bread crumbs
- 1/4 cup butter, margarine or oil

Combine egg, mustard and seasonings. Dip salmon in egg mixture then in potato flakes. Sauté in butter on all sides allowing 10 minutes cooking time per inch of thickness measured at its thickest part or until golden brown. When done, salmon should flake easily when tested with a fork at thickest part. Makes 4 servings.

SAVORY SALMON KABOBS

- 1-1/4 to 1-1/2 pounds Alaska fresh/frozen salmon steaks, thawed if necessary
- 1 zucchini, cut into 1/2-inch pieces

- 12 mushrooms
- 12 cherry tomatoes
- Lime Butter

Remove skin and bones from salmon; cut into sixteen 1 to 1-1/2 inch chunks. Alternate salmon, zucchini, mushrooms and tomatoes on each of 4 skewers. Brush with Lime Butter. Broil 5 inches from heat 2 minutes per side or a total of 8 minutes. Baste with Lime Butter each time kabobs are turned. Makes 4 servings.

Lime Butter: Combine 1/2 cup melted butter or margarine, 1/4 cup lime or lemon juice, 1 tablespoon minced onion, 1 clove minced garlic, 1 teaspoon salt, 1/2 teaspoon thyme and 1/8 teaspoon pepper; mix well. Makes about 3/4 cup.

BROILED SALMON SANDWICHES

- 2 English muffins
- 2 tablespoons mayonnaise
- 3/4 teaspoon prepared mustard
- 1 can (7-3/4 oz.) salmon, drained and flaked

- 2 tablespoons chopped green onion
- 4 slices Cheddar or American cheese

Split each muffin in two. Combine mayonnaise and mustard; spread on cut side of each muffin. Top each with about 1/4 cup salmon, 1-1/2 teaspoons green onions and a slice of cheese. Broil 5 to 6 inches from heat 2-1/2 to 3 minutes or until cheese melts. Makes 4 servings.

DILLY SALMON DIP

- 1 can (7-3/4 oz.) salmon
- 1 cup dairy sour cream
- 1/2 cup mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon EACH grated onion and Worcestershire sauce

- 1/8 teaspoon EACH salt, pepper, crushed dill weed and bottled hot pepper sauce
- Chopped parsley
- Vegetables for dipping: cherry tomatoes, cucumber, celery and carrot sticks

Drain salmon. Reserve one chunk salmon for garnish; flake remaining. Combine flaked salmon, sour cream, mayonnaise, lemon juice, onion and seasonings. Chill thoroughly. Garnish with parsley and reserved salmon. Serve with vegetables. Makes 2 cups dip.

Tip: Fresh asparagus, pea pods, mushrooms or cooked and chilled artichokes may be served with dip.

