

WILD ALASKA SALMON,
SPINACH & BACON BENEDICT

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 6

RECIPE

2 lbs. bagged frozen spinach
2 cans (10.5 oz. each) cream of mushroom soup
1 cup cooked, diced applewood-smoked bacon, kept warm (divided)
1 can (14.75 ounces) traditional pack canned salmon or 2 cans (6 to 7.1 oz. each) skinless, boneless canned salmon, drained and chunked
2 teaspoons kosher salt
1 teaspoon coarse black pepper
6 large biscuits, split and kept warm
6 large eggs
1 cup finely-diced tomato

Cooking spray, as needed

Spray-coat a large saucepan. Stir in and heat the spinach, soup, 1/2 cup bacon, salt and pepper. Fold in drained salmon; cover and keep warm.

Fry eggs in a large spray-coated pan just until sunnyside up (or to desired doneness). To serve, place 2 biscuit halves on each of 6 plates. Divide and spoon creamed salmon mixture over biscuits. Top each serving with an egg. Sprinkle on remaining bacon and tomato dices.

Nutrients per serving: 434 calories, 14.5g total fat, 3g saturated fat, 30% calories from fat, 64 mg cholesterol, 33g protein, 47g carbohydrate, 8g fiber, 2458mg sodium, 465mg calcium, and 1,850mg omega-3 fatty acids

FEED YOUR FITNESS with
ALASKA CANNED SALMON



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For more additional recipes, visit:
www.alaskaseafood.org/recipes



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DOES YOUR TRAINING TABLE LOOK THIS GOOD?

WILD ALASKA SALMON,
SPINACH & BACON BENEDICT

Reward your mind and body with delicious Alaska canned salmon. Training, while exhilarating, puts a great demand on your body. Make sure that your training table delivers the nutrition you need as well as flavor!

Alaska canned pink and red/Sockeye salmon is packed with delicious protein and heart-healthy omega-3s. Nutrient rich Alaska canned salmon contains more vitamin B12, potassium and calcium than many popular canned meats and fish. Plus it helps rebalance electrolytes, relaxes muscles and repairs bone tissue with every mouth-watering bite.

Learn more about the nutritional value of Alaska canned salmon and easy ways to add inspiration to your training table.



Buy any brand - just look for
Alaska on the lid or label!

Alaska canned salmon has 4x the omega-3s EPA & DHA and 12x the vitamin D as many popular canned meats and fish. It also has 25% of adult RDA for calcium and nearly the daily reference amount for selenium!

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BBQ WILD ALASKA SALMON FLATBREAD

Prep Time: 20 minutes
Cook Time: 7 minutes
Servings: 3 flatbreads

RECIPE

3 packaged flatbreads
(approximately 4.5" x 11" each)
3/4 cup barbecue sauce
1 1/2 cups shredded cheddar cheese
1 1/2 cups shredded mozzarella cheese
1 can (14.75 ounces) traditional pack
canned salmon or 2 cans (6 to 7.1 oz.
each) skinless, boneless canned salmon,
drained and chunked
1 cup caramelized, sliced onions
2/3 cup cooked and crumbled
applewood-smoked bacon
1/4 cup diced tomato
1/4 cup chopped cilantro
1/4 cup canned french-fried onions

Heat oven to 400 °F.

Place flatbreads onto baking sheet(s).
Spread barbecue sauce onto breads; sprinkle
cheeses evenly over sauce. Top flatbreads
with drained salmon, caramelized onions,
crumbled bacon and diced tomato. Bake
for 5 to 7 minutes, until cheese bubbles.
Remove from oven; sprinkle with cilantro
and crispy onions.

Nutrients per serving: 201 calories,
8g total fat, 3g saturated fat, 35% calories
from fat, 42 mg cholesterol, 18g protein,
14.5g carbohydrate, 1g fiber, 536.5mg
sodium, 275mg calcium, and 520mg
omega-3 fatty acids



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WILD ALASKA QUINOA CAKES

Prep Time: 2 Prep

Time: 25 minutes (not including holding time)

Cook Time: 15 minutes

Servings: 8 to 10 appetizer servings

RECIPE

1 can (14.75 ounces) traditional pack canned salmon or 2 cans (6 to 7.1 oz. each) skinless, boneless canned salmon, drained and chunked

4 cups prepared quinoa (white or red)

8 large eggs, beaten

1 cup panko bread crumbs

2 cups finely diced fresh bell peppers (any color or combination)

1 cup finely diced red onion

1 teaspoon kosher salt

1 teaspoon black pepper

2 cups sour cream or crème fraîche

2 Tablespoons fresh chopped dill (or 2 teaspoons dried dill weed)

2 Tablespoons lemon zest

2/3 cup canola or olive oil, divided

Combine drained salmon, quinoa, eggs, panko, bell pepper, onion, salt and pepper. Form into patties (1/4 cup each). Cover and refrigerate 20 to 30 minutes, to firm.

In a bowl, blend cream, dill and lemon zest.

Lightly coat a nonstick pan with oil. Warm over medium heat, then add patties, several at a time, and cook until golden brown on both sides. Keep warm.

For each serving, place three patties on a plate and drizzle with 2 to 3 tablespoons dill sauce.

Nutrients per serving: 201 calories, 8g total fat, 3g saturated fat, 35% calories from fat, 42 mg cholesterol, 18g protein, 14.5g carbohydrate, 1g fiber, 536.5mg sodium, 275mg calcium, and 520mg omega-3 fatty acids



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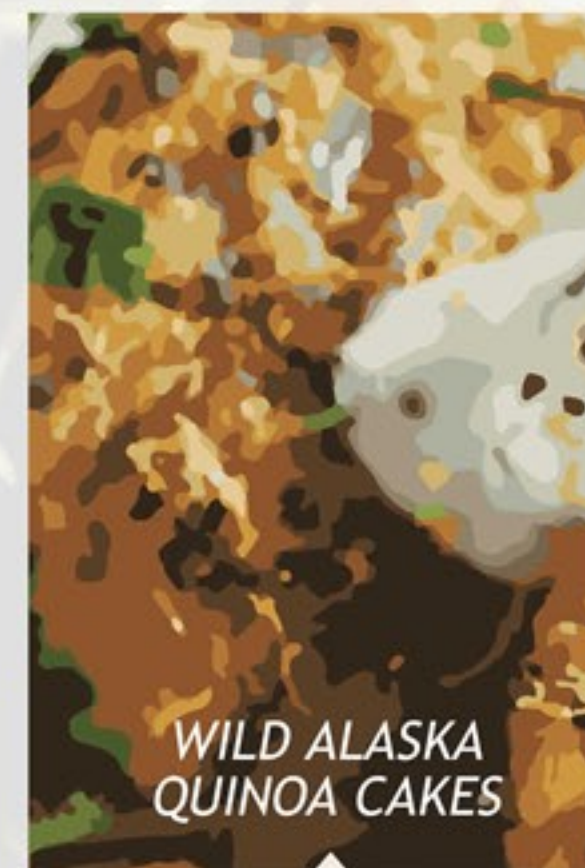


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WILD ALASKA QUINOA CAKES

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Cook Time: 15 minutes
Servings: 6

RECIPE

1 can (14.75 ounces) traditional pack
canned salmon or 2 cans (6 to 7.1 oz.
each) skinless, boneless canned salmon,
drained and chunked
4 cups prepared quinoa (white or red)
8 large eggs, beaten
1 cup panko bread crumbs
2 cups finely diced fresh bell peppers (any
color or combination)
1 cup finely diced red onion
1 teaspoon kosher salt
1 teaspoon black pepper
2 cups sour cream or crème fraîche
2 Tablespoons fresh chopped dill (or 2
teaspoons dried dill weed)
2 Tablespoons lemon zest
2/3 cup canola or olive oil, divided

Combine drained salmon, quinoa, eggs,
panko, bell pepper, onion, salt and pepper.
Form into patties (1/4 cup each). Cover and
refrigerate 20 to 30 minutes, to firm.

In a bowl, blend cream, dill and lemon zest.

Lightly coat a nonstick pan with oil.
Warm over medium heat, then add patties,
several at a time, and cook until golden
brown on both sides. Keep warm.

For each serving, place patties on a plate
and drizzle with dill sauce.

Nutrients per serving: 830 calories, 23.5g
total fat, 4g saturated fat, 25% calories from
fat, 378mg cholesterol, 49.5g protein, 108g
carbohydrate, 9.5g fiber, 788mg sodium,
275.5mg calcium, and 1,350mg omega-3
fatty acids

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READY FOR SOME FASTER FOOD?

We'll make this quick. Straight out of the can. Or part of a delicious recipe. Either way, Alaska Canned Salmon instantly delivers pure and natural performance-enhancing fuel. Want to reach your training goals quicker? Well don't just sit there, run to the store and pick some up today!



VIDEO ▶

NUTRITION

RECIPES

With 4X the omega-3s EPA & DHA and 12X the vitamin D as many popular canned meats and fish, Alaska canned salmon also offers 25% of adult RDA for calcium and nearly the daily reference amount for selenium!

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FLASH BANNER ADS
FINAL FRAME OFFER
(conceptual layouts)



300X250 AD BANNER VARIATIONS



RICH-MEDIA BANNER AD



**TAGLINE: TYPOGRAPHY
DESIGN VARIATIONS**



Tagline: typography style 1



Tagline: typography style 4a



Tagline: typography style 5a



Tagline: typography style 2



Tagline: typography style 3



Tagline: typography style 4b



Tagline: typography style 5b



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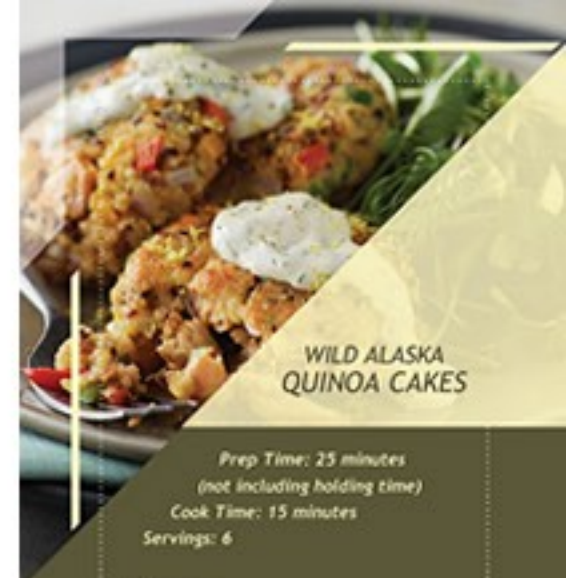
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1 teaspoon kosher salt
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2/3 cup canola or olive oil, divided

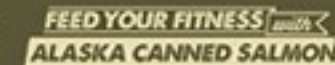
Combine drained salmon, quinoa, eggs,
panko, bell pepper, onion, salt and pepper.
Form into patties (1/4 cup each). Cover and
refrigerate 20 to 30 minutes, to firm.

In a bowl, blend cream, dill and lemon zest.

Lightly coat a nonstick pan with oil.
Warm over medium heat, then add patties,
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