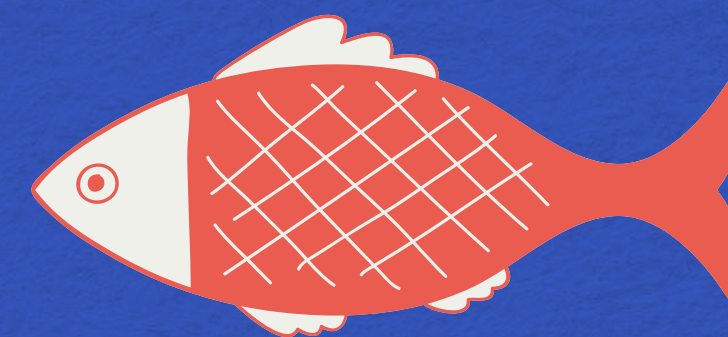
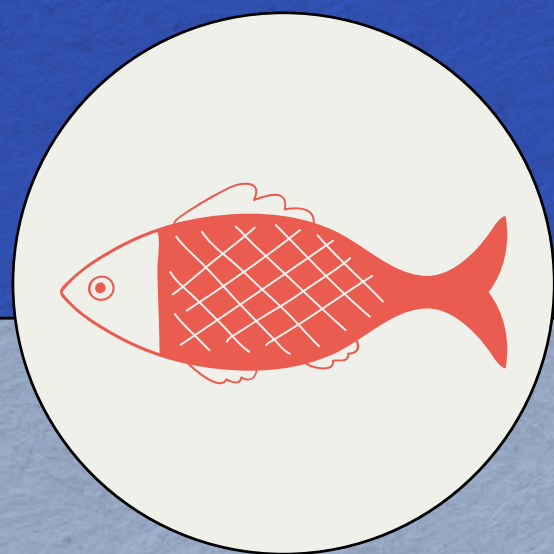


GET
HOOKED
ON FISH





CANNED SALMON SALAD

INGREDIENTS

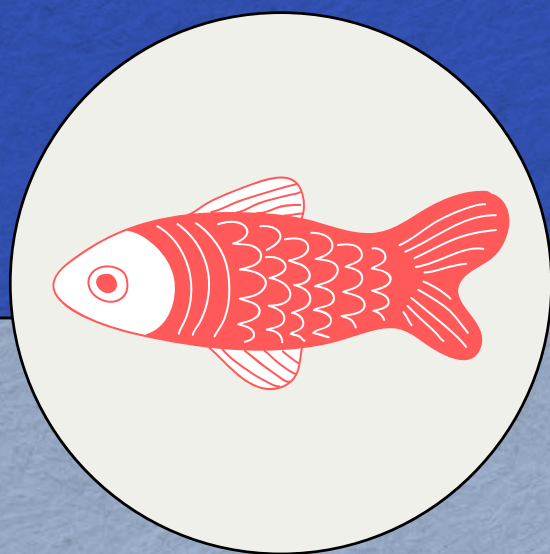
- 1 can (14.75 oz) salmon (can also use tuna)
- 1 stalk celery, chopped
- ¼ cup diced red onion
- 1 Tbsp Dijon mustard
- 2 Tbsp mayonnaise (or Greek yogurt)
- 1 Tbsp fresh dill or 1 Tbsp dried dill weed
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder

DIRECTIONS

1. Open canned salmon and drain water. **Note:** Salmon in a pouch is also WIC approved if you prefer.
2. Chop up celery. Cut length wise in half, then cut small pieces.
3. Dice red onion.
4. Combine salmon, chopped celery, diced red onion, mayonnaise, Dijon mustard, salt, pepper, garlic powder, and dill in a bowl and mix.
5. Enjoy a sandwich with whole wheat bread/English muffin, a lettuce wrap, or a dip for fresh veggies.
6. Store leftovers in the refrigerator.







SALMON BAKE

INGREDIENTS

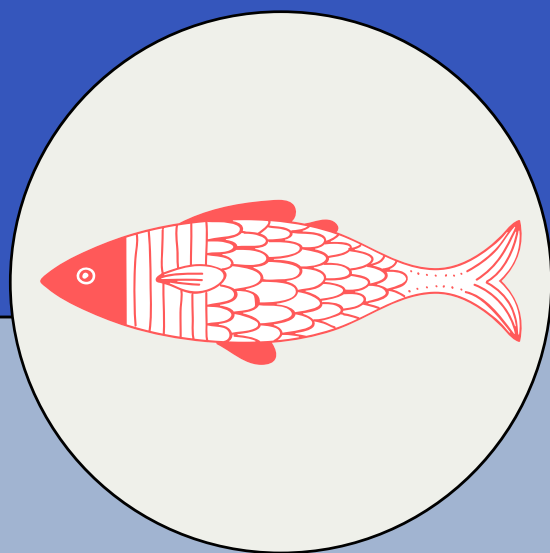
- 1 can (14.75 oz) salmon
- 1 cup jasmine rice or WIC approved brown rice
- ½ cucumber, diced
- ½ avocado, diced
- ¼ cup green onion, diced
- 1 pack seaweed snack or 1 sheet nori, crumbled
- 2 Tbsp low sodium soy sauce
- 2 Tbsp mayo (or Kewpie mayo), divided
- 2 Tbsp Sriracha, divided
- Everything bagel seasoning, to taste

DIRECTIONS

1. Cook rice according to package.
2. Open canned salmon and drain water. Mix drained salmon in a bowl with soy sauce and 1 Tbsp each of mayo and Sriracha.
3. In a 9 x 9 pan, assemble Salmon Bake by pressing cooked rice in the bottom of a pan with a spatula to make the first layer.
4. Next, press salmon mixture on top of the rice and press down to make the next layer.
5. Crumble 1 sheet of nori or package of seaweed snacks and sprinkle on top of salmon layer.
6. Drizzle with mayo, Sriracha, and everything bagel seasoning.
7. Bake at 400°F for 10-15 minutes.
8. While mixture is baking, dice cucumber and avocado.
9. Top with diced cucumber, avocado, and green onion.
10. Serve with seaweed snacks.







CANNED MACKEREL PASTA

INGREDIENTS

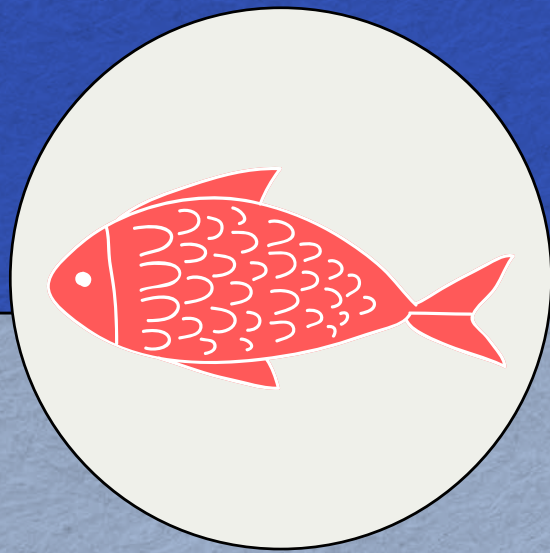
- 4 oz pasta
- 2 cans (4 oz) mackerel, in oil
- 2 large garlic cloves or 2 tsp minced garlic
- 1 large red bell pepper, chopped
- 2 cups grape or cherry tomatoes, chopped
- 10 large green olives, chopped
- ½ cup chopped parsley
- Salt and pepper, to taste
- Optional toppings: crushed red chili flakes, freshly squeezed lemon, grated Parmesan cheese

DIRECTIONS

1. Bring water to a boil and add pasta.
2. While pasta is cooking, mince garlic cloves, chop bell peppers, tomatoes, olives and parsley.
3. Drain pasta and add back to pan.
4. In another large pan, combine the mackerel (in olive oil) with the garlic, bell peppers, tomatoes and olives. If mackerel is not packed in olive oil, you may need to add a little.
5. Cook for about 10 minutes, until veggies are tender.
6. Add cooked pasta to mackerel and veggie mixture.
7. Top with crushed red chili flakes, freshly squeezed lemon, grated parmesan cheese (optional).







TUNA MELT

INGREDIENTS

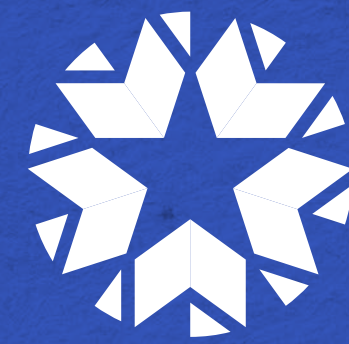
- 1 can tuna (5 oz) in water, drained
- 1 rib celery, finely diced
- 1 green onion, sliced
- 1/3 cup mayonnaise
- 1 tsp Dijon mustard
- ½ tsp fresh lemon juice
- Salt and pepper to taste
- 1 ripe tomato, sliced
- 2 English muffins, halved
- 2 oz cheddar cheese, shredded

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine drained tuna, celery, onion, mayonnaise, mustard, lemon juice salt and pepper.
3. Place English muffin halves on a baking sheet and broil 2-3 minutes, until they start to brown. Remove from oven.
4. Divide tuna mixture over the English muffins. Top with tomato slices and cheddar cheese.
5. Bake 10-15 minutes or until cheese is melted.







OKLAHOMA
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