

SALMON BAG RECIPES

GREAT Linguine, Salmon & Broccoli

Thaw fish if frozen.

1 LB Baked Salmon, broken into bite-sized pieces

2 cloves Garlic, minced

$\frac{3}{4}$ Cup Chicken broth

9 oz Package of prepared linguine

10 oz Package thawed frozen broccoli florets

$\frac{3}{4}$ Cup Italian-style croutons, crushed

$\frac{1}{4}$ Cup Grated Parmesan cheese

Heat oil in a large skillet. Add garlic; cook for 1 minute. Add broccoli and broth; cook for 5 to 6 minutes or until broccoli is tender. Add Salmon, heat through. Toss pasta with Salmon and broccoli mixture. Serve in deep bowls; top with crushed croutons and cheese.

Serves four

GREAT Teriyaki Salmon

Thaw fish if frozen

4 (4 oz) Salmon portions

$\frac{1}{2}$ Cup Teriyaki sauce

1 T Olive oil

$\frac{1}{2}$ t fresh cracked Pepper

1 clove of Garlic, Crushed

Marinate Salmon in teriyaki sauce and garlic for 10 minutes. Remove Salmon from marinade. Press pepper into sides of Salmon. In a non-stick skillet, cook Salmon in olive oil over medium-high heat for 3 minutes basting with marinade. Flip and cook another 2 minutes again basting. Cover and simmer another 2 minutes.

Serves four

GREAT Poached Salmon

Thaw fish if frozen

4 (4 oz) Salmon portions

1 Lemon sliced

2 Carrots sliced

1 sm Onion chopped

2 stalks Celery sliced

1 t Salt

1 t Peppercorns

Combine all ingredients except Salmon in a large skillet; bring to boil over medium-high heat. Cover, reduce heat and simmer 10 minutes. Add salmon portions; cover and let stand 8 minutes. Remove Salmon portions to serving plate.

Serves four