



Salmon Hash

SERVING: 2 CUPS
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 Tbsp Extra Virgin Olive Oil
- 4 cups Frozen Diced Potatoes (hashbrowns)
- 1pkg Frozen Asparagus, chopped
- 1/2 Onion, chopped
- 2 tsp Minced Garlic
- 2 tsp Rosemary Leaves (seasoning)
- 1 (14.5 oz) Can Salmon, drained and rinsed
- 2 tbsp Plain Non-fat Greek Yogurt
- 1 tbsp Dijon Mustard
- 2 Green Onion Stems, sliced
- 2 tsp Parsley Flakes (seasoning)
- 1/2 cup Shredded Parmesan Cheese

Directions

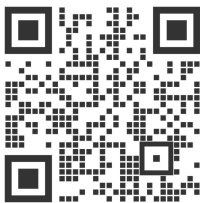
1. In a large non-stick skillet add oil over medium heat. Add potatoes and rosemary. Chop frozen asparagus then add to skillet. Cook 5-7 minutes or until potatoes are browned on all sides & asparagus is crisp-tender, stirring occasionally.
2. Add salmon, onions, and garlic. Cook 5-10 minutes.
3. Meanwhile, in a small bowl, combine yogurt, dijon mustard, green onions & parsley. Mix well.
4. When potatoes are done, remove from heat. Fold in yogurt mixture until thoroughly combined. Top with cheese & serve!

Nutrition Facts

6 servings per container	
Serving size	2 cups (0.0g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 480mg	21%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 10.3mcg	50%
Calcium 320mg	25%
Iron 2.4mg	15%
Potassium 810mg	15%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Recipe adapted from
onieproject.org

*Cost information includes
lower cost ingredients found
at local grocery store
10/21/22.



Cost Per Recipe	Cost Per Serving
\$9.50	\$1.58



Perfect Protein Portions

A quarter of MyPlate is dedicated to protein foods, such as meats, seafood and protein-rich plant foods. Canned foods offer a quick, convenient and affordable source of protein to help meet dietary needs.

- **Serving Up Seafood** — Canned tuna, salmon and other seafood offer simple ways to meet the Dietary Guidelines recommendation to eat seafood twice a week. Use canned seafood as the base for a great sandwich, to add to a salad or to dress up a quick pasta dish. ***Draining and rinsing canned food before use reduces sodium levels up to 40 percent!**
- **Plant Sources of Protein** — In addition to offering protein, canned beans and peas are naturally low in saturated fat and high in fiber. And they are great options for vegetarians and people looking to reduce their meat consumption for health reasons.
- **Quick Meals with Canned Meats** — Canned meats, such as chicken, can be a key component of a healthy sandwich, and they are terrific to add to pasta and casseroles and in quesadillas or enchiladas.

Dress Up Dairy and Grains

Canned foods can help consumers meet MyPlate grains and dairy goals, as well.

- **Drink Your Dairy** – Add extra oomph to breakfast yogurt with canned peaches or add canned fruits to smoothies for a quick serving of dairy with a side of fruit.
- **Get Great Grains** – Canned soups often contain grains and make a quick, delicious and affordable lunch or light dinner when paired with a salad or sandwich – leaving plenty of time for an after dinner walk or bike ride.



Putting Nutrition into Action

As Americans strive to meet the recommendations in the 2015 Dietary Guidelines and build healthier meals with MyPlate, check out www.Mealtime.org for recipes and information on delicious, nutrient-rich and easy ways to meet the dietary guidelines using canned foods.

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org.

1. Canned Vegetable and Fruit Consumption Is Associated with Changes in Nutrient Intake and Higher Diet Quality in Children and Adults: National Health and Nutrition

