SEAS THE DAY WITH EASY SEAFOOD BURGERS!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

EASY SEAFOOD BURGERS!



INGREDIENTS:

- 1 CAN TUNA (170 G) OR SALMON (213 G), DRAINED. (IF USING SALMON, REMOVE SKIN AND BONES)
- ¼ CUP CELERY, FINELY CHOPPED
- 2 TBSP RELISH
- 2 EGGS, LIGHTLY BEATEN
- ½ CUP BREAD CRUMBS
- 2 GREEN ONIONS, CHOPPED
- SALT AND PEPPER TO TASTE

HERE`S HOW TO MAKE IT:

1. IN A LARGE MIXING BOWL, COMBINE ALL INGREDIENTS.
2. SHAPE INTO 4 PATTIES.
3. TURN ON STOVE TO MEDIUM-HIGH HEAT. IN A NON-STICK PAN, COOK PATTIES UNTIL BOTH SIDES ARE GOLDEN BROWN - ABOUT 3 MINUTES PER SIDE.

SERVING IDEA - SERVE ON WHOLE WHEAT TOAST. ADD A SALAD AND A GLASS OF MILK OR FORTIFIED SOY BEVERAGE.

CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://LP.CONSTANTCONTACTPAGES.COM/SV/IIPGZ5Z/RECIPEOFTHEMONTH OR SCAN QR CODE

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

SCAN ME TO ENTER

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE

(HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

REEL EASY THINGS TO DO WITH CANNED SALMON

FOR THE KIDS (BUT ADULTS TOO):

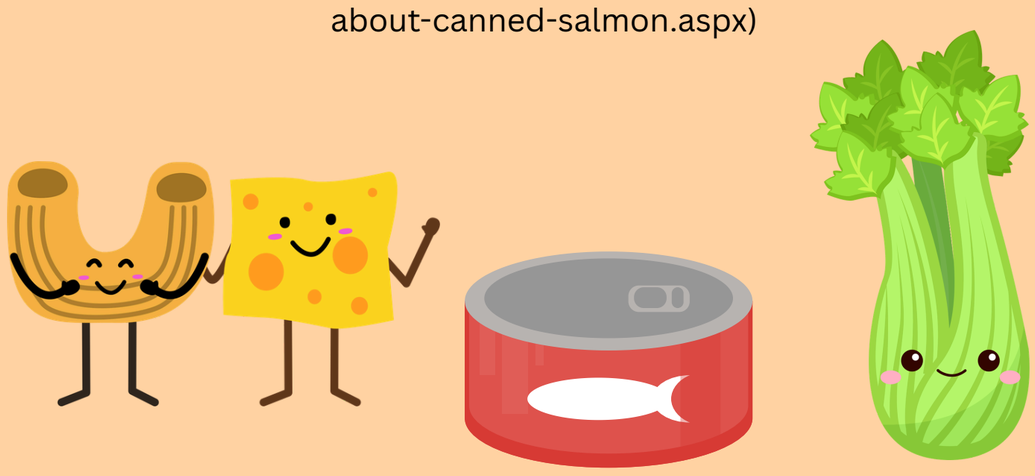
- ADD CANNED SALMON TO MAC AND CHEESE
- MIX A CAN OF SALMON INTO MASHED REGULAR OR MASHED POTATOES
- SPREAD SALMON INTO RIBS OF CELERY
- SALMON CAKES - DRAIN CANNED SALMON AND MIX WITH SMASHED SWEET POTATO, A BEATEN EGG, DILL AND BREADCRUMBS. FORM BALLS, THEN PAN-FRY UNTIL GOLDEN. SERVE WITH HONEY MUSTARD DIPPING SAUCE

MAKE SALMON SALAD BY ADDING A LITTLE MAYONNAISE TO CANNED SALMON AND TRY:

- A TOASTED SALMON SANDWICH WITH WHOLE GRAIN BREAD, LETTUCE AND TOMATO SLICES
- A SALMON WRAP WITH GRATED CARROT AND SPINACH LEAVES
- OR SPREAD SALMON SALAD OVER HALF A WHOLE-WHEAT HAMBURGER OR HOT DOG BUN. TOP WITH GRATED CHEESE AND BROIL IN OVEN (OR TOASTER OVEN) UNTIL THE CHEESE MELTS

For more ideas go to unlock food website.

(https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/All-about-canned-salmon.aspx)



FIN-TASTIC SALMON FACTS!

- MOST CANADIANS ARE NOT EATING ENOUGH FISH, ONE REASON IS THAT FRESH FISH CAN COST A LOT. THE GOOD NEWS? CANNED FISH TO THE RESCUE. IT'S TASTY, LOW-COST AND AN EASY WAY TO ADD FISH TO YOUR MEALS AND SNACKS. JUST OPEN A CAN AND ENJOY!
- WANT EXTRA CALCIUM? CHOOSE FISH WITH BONES LIKE CANNED SARDINES OR SALMON WITH BONES.
- FISH USED IN CANNED TUNA IS USUALLY SMALLER AND YOUNGER, AND CONTAINS LESS MERCURY THAN FRESH OR FROZEN TUNA
- THE EASIEST FISHING AROUND IS IN THE CANNED FOODS SECTION OF YOUR GROCERY STORE!

For more information on canned fish go to Diabetes Canada website - *Three reasons to try canned fish - Diabetes Canada*

(https://www.diabetes.ca/about-diabetes/impact-stories-three-reasons-to-try-canned-fish)

OFF THE HOOK FISH JOKES

- WHAT DO YOU CALL A FISH WITH NO EYES?
  - FSH



- WHY DO SHRIMP ONLY THINK OF THEMSELVES?
  - BECAUSE THEY ARE SHELLFISH
- WHY DO FISH MAKE THE BEST COMEDIANS?
  - THEY ARE VERY FINNY

To impress your friends with more finny jokes visit Vital Choice website.

(https://www.vitalchoice.com/articles/living-well/fish-puns)

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