

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPE -
PAIR WITH BROWN RICE AND
SEASONAL VEGETABLES OF
YOUR CHOICE

Ingredients:

**1½ lbs of salmon,
boneless with skin
removed**
**1 med. lemon, sliced
into ¼ inch slices**
**2 Tbsp melted butter or
olive oil**
2 tsp garlic powder
¼ tsp ground pepper
Fresh parsley to taste

Foil Packet Salmon

Directions:

1. Preheat grill to 375°F.
2. Tear aluminum foil in large enough piece to hold salmon. Lightly coat the foil with cooking spray and arrange lemon slices onto greased foil. Place salmon on top of lemon slices.
3. Drizzle the salmon with melted butter. Sprinkle salmon with pepper, garlic powder, few sprigs of fresh parsley, and remaining slices of lemon.
4. Fold the sides of the aluminum foil up and over the top of the salmon until it's completely closed. If your original piece of foil isn't large enough to cover, tear a second piece of foil and fold it into the bottom piece to make packet.
5. Use baking pan to carry foil pack to grill, place on grill and let cook for 15 minutes over direct heat, time varies on the thickness of salmon (8-10 minutes for smaller fillets). *See doneness tips on pg. 4.*
6. Uncover salmon carefully while still on the grill. Close lid and cook for 3-5 minutes more. Remove and let sit for 5 more minutes before serving.

Eat what's in season...



Common Types -
White, Red, Yellow, Sweet,
Shallot

Onions can be incorporated into both of these salmon recipes with ease. In the foil packet salmon, substitute diced onion, peppers, and tomatoes in place of lemons for a southwestern flavor. Below, diced onions are used in the salmon patties and can be added sliced, fresh on top if making a sandwich.

Storing & Curing Onions:

Harvest onions as the bulb grows and begins to emerge from the soil's surface. When the onion's leaves start to flop over, the plant has stopped growing and is ready to harvest and store for later use. To cure, spread onions on some scrap newspaper, leaves still attached, in a single layer. A warm, dry place is ideal for this process (covered porch or garage). As the onions are curing, their necks and leaves will gradually dry and skins will tighten around the bulb. Once the neck of the onion is completely dry and stems contain no moisture, use scissors to trim the roots and leaves of each bulb. Bring onions indoors and store them in a mesh bag or bushel basket. A cool, dry environment for storage is ideal for maximizing longevity of storage.

Source: <https://bit.ly/3ktXbFS>

Salmon Patties

Ingredients:

- 1 lb salmon**
- 2 Tbsp Olive Oil**
- 1 ½ tsp garlic salt**
- ½ tsp black pepper**
- 1 med. yellow onion, diced**
- ½ red bell pepper, diced**
- 3 Tbsp butter**
- 1 cup panko bread crumbs**
- 2 eggs lightly beaten**
- 3 Tbsp mayonnaise**
- 1 tsp Worcestershire sauce**
- ¼ cup parsley**



Directions:

1. Heat onion and red bell pepper in 1 Tbsp Olive Oil and 1 Tbsp butter until softened. Remove from heat.
2. Mix salmon, onion, peppers, panko crumbs, eggs, mayonnaise, Worcestershire sauce, garlic, pepper, and parsley.
3. Stir to combine and form into patties.
4. Heat 1 Tbsp olive oil and 1 Tbsp butter in non-stick pan until hot. Add salmon patties in single layer and sauté 3-4 minutes per side. Reduce heat if patties brown before heated all the way through.
5. Remove onto paper towels and serve.

Side Dish Spotlight: Sweet Corn

This versatile vegetable can be prepared in a variety of ways and enjoyed on or off the cob. It can also be preserved by freezing or pressure canning.

Crab Corn Salad

16 oz. pkg. imitation flake crab meat, chopped
5 hard boiled eggs, chopped
2 cups sweet corn, cooked & cooled
1 cup mayonnaise
1 Tbsp Old Bay Seasoning

In a mixing bowl, combine ingredients. Serve on crackers (about 50 appetizers) or on toast (several sandwiches).



Grilled Corn on the Cob

4 to 6 corn on the cob with the husks intact
1/4 cup butter

2 to 3 Tbsp herbs of choice (parsley, thyme, tarragon, basil, oregano, dill, etc.)

Leaving the husks on, only remove the silk.

Soak in water for at least 15 to 20 minutes.

Remove from water and pull down husks carefully—do not remove—and coat with herbal butter (made from adding your favorite fresh herbs to softened butter). Put the husks back up covering the corn (you can tie with a thin piece of husk at the top).

Place on a heated grill for about 15 minutes, turning often.

Once corn kernels are tender, remove from heat and serve.

Off-The-Cob Street Corn

3 1/2 cups sweet corn, cooked & cut off the cob
1 Tbsp olive oil
2 Tbsp mayonnaise
2 Tbsp sour cream
1 Tbsp lime juice
1 tsp chili powder
Dash of cumin pepper
Salt and pepper, to taste
1/4 cup crumbled queso fresco
1/4 cup chopped fresh cilantro

Heat a cast iron pan (any heavy bottomed pan will work) over medium high heat with olive oil.

Saute the corn, making sure to brown it up a bit to give that charred flavor that you get from grilling.

Once cooked, stir in the mayonnaise, sour cream, lime juice, chili powder, cumin, and salt and pepper.

Top with cheese and cilantro.

Selection, Handling, & Storage

Select **sweet corn** with fresh, green husks and soft, golden, decay-free silks. Kernels should look moist, plump, and bright in color (yellow and/or white). Avoid ears with underdeveloped kernels, large, dark or dried kernels, and ears with dried husks or stems.

For best quality, refrigerate corn as soon as possible. Corn stays fresh for almost a week, if it has been kept cold and moist (tip: keep it in the husk in the fridge for optimal freshness). The sooner corn is eaten, the sweeter and better tasting.

For fresh **fish**, select fillets that appear to have firm, elastic, moist flesh--no browning, ragged edges, or gaping. For frozen fish, select solidly frozen fillets or steaks with no signs of discoloration or strong odor. Make sure the fish is tightly wrapped with no signs of thawing and re-freezing (ice crystals). Shop for seafood right before checking out at the supermarket and bring a cooler if refrigeration isn't possible within 30 minutes. Use within 36 hours (fresh or thawed)--freeze fresh fish immediately if not preparing within that time frame.

Seafood is **done** when it turns opaque and flakes easily with a fork. Insert a meat thermometer into the thickest part of the fish to test for doneness. USDA recommends internal temperature of 145°F.

Nutrient Profile

B6 is a water-soluble vitamin, meaning it uses water to move through our bodies and break into a form our bodies can use.

B6 is used for many functions in the body including metabolism actions like breaking down proteins, carbohydrates, and fats so we can use these nutrients. It supports brain health, immune function, and helps maintain normal levels of homocysteine (high levels of which can be problematic to our hearts).



Food Sources: *Salmon, Tuna, Poultry, dark leafy green vegetables, bananas, oranges, cantaloupe, fortified cereals*

Area 8 Health and Human Sciences Extension Educators can be found in Cass, Carroll, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

Facebook: <https://www.facebook.com/PurdueExtensionHealthandHumanSciencesArea8/>