



DEPARTMENT OF THE INTERIOR INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

SALMON SALAD FOR NATIONAL CANNED SALMON WEEK

The week of August 23 through 30 is known as "National Canned Salmon Week". About this time the new season's stock of canned salmon becomes available to the consumer.

There are five separate and distinct species of salmon that comprise the bulk of the salmon canned in the United States. They are the King, Sockeye, Silver, Pink, and Chum and are found in the waters of the Pacific extending from Alaska to California.

Almost everyone enjoys the characteristic rich flavor of salmon. The flesh is fine in texture, yet firm and moist. The protein content is substantial in quantity and excellent in quality. Salmon contains the important mineral elements calcium, phosphorous and iodine; and they have generous quantities of vitamins A and D, thiamine, and riboflavin.

Each of these species of salmon is equally nutritious, the difference being in the color and oil content of the flesh and these differences account largely for the range in price. Thus the budget-wise homemaker is enabled to buy according to her specific needs.

The home economists of the Department of the Interior's Fish and Wildlife Service, suggest "Salmon Salad" for "National Canned Salmon Week".

SALMON SALAD

1 can (16 ounces) salmon	2 tablespoons chopped onion
$\frac{1}{2}$ cup mayonnaise or salad dressing	2 hard-cooked eggs, chopped
1 cup chopped celery	Lettuce
2 tablespoons chopped sweet pickle	1 hard-cooked egg, sliced

Drain salmon. Break into large pieces. Combine all ingredients except lettuce and egg. Serve on lettuce; garnish with egg slices. Serves 6.

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