

# **FINADENE SALMON**

**Number of servings:** 8  
**Serving Size:** 1 cup

**Ingredients:**

- 1 (14<sup>3</sup>/<sub>4</sub> ounce can) salmon (pink or red)
- 1 cup onion (1 large)
- 2 cups fresh cucumbers (1 large)
- 1 cup fresh cherry tomatoes (approx. 9)
- 1 tablespoon hot pepper sauce
- 1 tablespoon fresh lemon juice

**Directions:**

1. DRAIN salmon. Put salmon in a mixing bowl and flake/smash until in pieces.
2. Finely CHOP onion.
3. DICE cucumbers and CUT tomatoes in half.
4. ADD onions, cucumbers, and cherry tomatoes to salmon.
5. ADD hot pepper sauce and lemon juice and MIX.
6. SERVE over brown rice.

**Serving Suggestion:**

Serve cold or at room temperature.

<b>Nutrition Facts</b>	
Serving Size 1 cup (112g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	5 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0g	0 %
<b>Cholesterol</b> 30mg	10 %
<b>Sodium</b> 210mg	9 %
<b>Total Carbohydrate</b> 3g	1 %
Dietary Fiber less than 1g	3 %
Sugars 2g	
<b>Protein</b> 9g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4	

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

\* Recipe contributed by the University of Guam Cooperative Extension Service