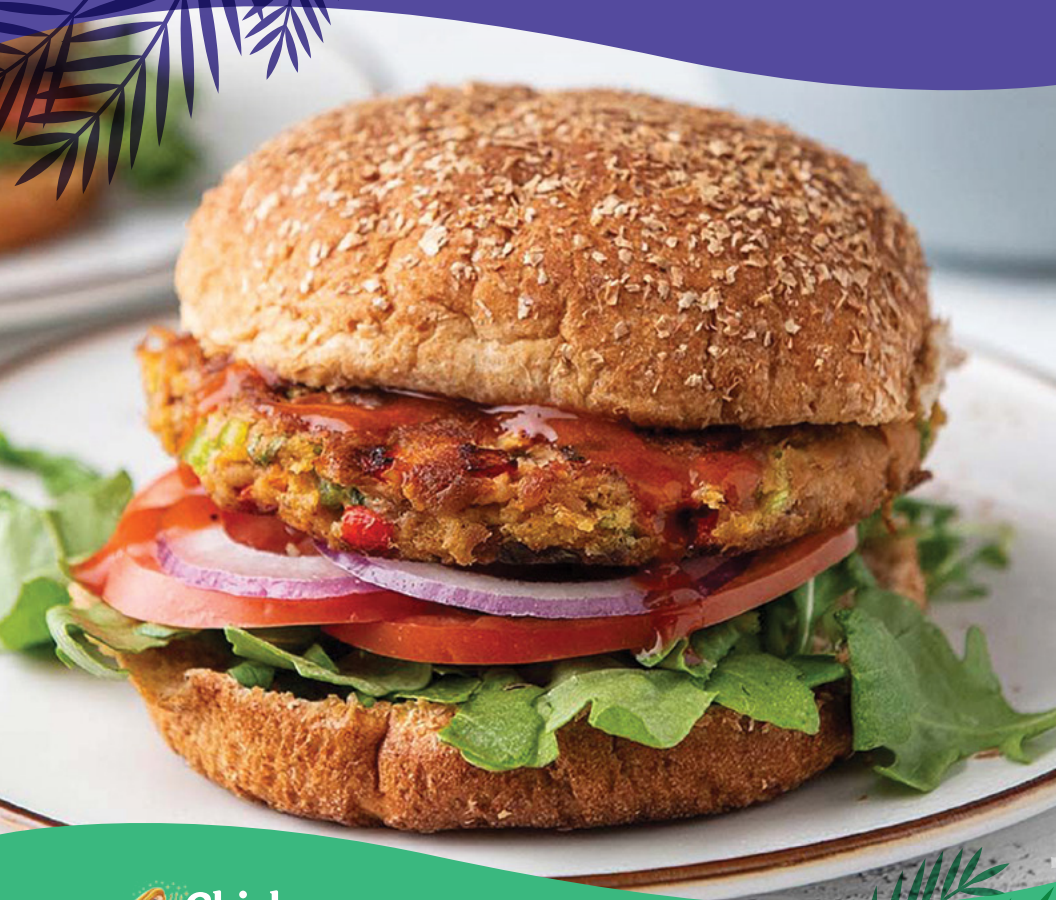


LENT RECIPE COLLECTION

Seafood sales soar 20% during Lent, as even more consumers choose meat-free dining. Inspire your guests with a mix of classic seafood comfort foods and on-trend salads and sandwiches.



2024

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Salmon Wrap

SERVINGS 24

INGREDIENTS

1 (40 oz) pouch Chicken of the Sea® Premium Skinless & Boneless Pink Salmon

12 flour tortillas

$\frac{2}{3}$ c cream cheese, softened

$\frac{1}{2}$ c slaw dressing

$\frac{1}{2}$ c. mayonnaise

48 slices ripe tomato

6 c mixed salad greens, chopped

DIRECTIONS

- 1 Combine cream cheese, slaw dressing, and mayonnaise to make sandwich spread. Chill.
- 2 Warm tortillas, then spread a #24 scoop of sandwich spread on each.
- 3 Evenly distribute and gently press $2\frac{1}{2}$ oz smoked salmon into spread.
- 4 Evenly distribute $\frac{1}{2}$ c chopped salad greens over salmon. Place 4 slices of tomato, 2x2, on the salad greens.
- 5 Roll each wrap pinwheel style in sandwich paper.
- 6 Cut diagonally and serve with fresh fruit.

In this recipe: 





Mexican Tuna Salad

SERVINGS 16

INGREDIENTS

1 (43 oz) pouch Chicken of the Sea® Solid White Albacore Tuna
1 c cucumber, peeled and diced
½ c diced red onion
½ c diced red bell pepper
2 jalapeños, seeded and diced
¼ c chopped cilantro
4 ⅓ c fresh lime juice (about 4-6 limes)
¼ c olive oil
½ tsp cumin
salt and pepper, to taste
2 avocados, optional
tostadas, tortilla chips or lettuce for serving (optional)

DIRECTIONS

- 1 In a large bowl, add the tuna, cucumber, onion and peppers.
- 2 In another bowl, whisk together cilantro, lime, olive oil and cumin. Toss with tuna and add salt and pepper to taste.
- 3 Serve with sliced or mashed avocado on tostada shells, tortilla chips or rolled up in lettuce wraps.

In this recipe:



Creamy Lemon Pasta with Tuna

SERVINGS 24



INGREDIENTS

1 (66.5 oz) can Chicken of the Sea®
Chunk Light Tuna in Water, drained
3 lbs thin spaghetti
6 Tbsp butter
¼ c minced garlic
3 pints heavy cream
6 c Parmesan cheese
2 Tbsp lemon zest
½ c lemon juice
1 ½ tsp salt
1 ½ tsp white pepper
4 pints sliced cherry tomatoes
3 ¼ lbs asparagus spears cut into 1-2
inch pieces
⅓ c olive oil
additional parmesan cheese
fresh ground pepper

DIRECTIONS

- 1 In a large pot over high heat bring about 2 ¼ gallons of water to a boil. Add the spaghetti and cook until noodles are tender. Strain and set aside.
- 2 Melt the butter over medium heat, add the garlic cloves and cook until fragrant.
- 3 While the sauce is cooking prepare the asparagus. Heat a lightly oiled griddle over medium heat. Add the asparagus and season with salt and pepper. Cook for 5-7 minutes until desired tenderness is achieved.
- 4 Add the noodles to the sauce and stir until coated. Stir in the Chicken of the Sea® Chunk Light Tuna in Water. Top the pasta with sliced tomatoes and cooked asparagus. Serve warm.
- 5 Top with additional parmesan cheese or fresh ground black pepper.

In this recipe: 





Asian Tuna Noodle Salad

SERVINGS 16

INGREDIENTS

- 1 (43 oz) pouch Chicken of the Sea® Albacore Tuna in Water
- 3 Tbsp soy sauce
- 1 Tbsp + 1 tsp toasted sesame oil
- 3 Tbsp rice wine vinegar
- 4 lbs fresh Pad Thai noodles, cooked according to package directions and rinsed under cool running water
- 2 ¼ c red cabbage
- ¼ c chili garlic sauce
- 1 c salted peanuts, coarsely chopped
- 13 green onions, diagonally sliced
- 1 c cilantro leaves, loosely packed
- 1 c basil leaves, loosely packed
- 4 limes, cut into wedges
- 2 tsp black sesame seeds

DIRECTIONS

- 1 Place soy sauce, sesame oil and vinegar in a medium bowl and stir to combine.
- 2 Place noodles in a large bowl. Add soy sauce mixture and toss to combine. Add red cabbage, chili garlic sauce, peanuts, green onions, cilantro, and basil and toss to combine.
- 3 Divide noodles into 16 bowls. Garnish with lime wedges and sesame seeds. Serve immediately.

In this recipe: 





Greek Salmon Chef Salad

SERVINGS 32

INGREDIENTS

- 1 (40 oz) pouch Chicken of the Sea® Premium Skinless & Boneless Pink Salmon
- 4 (16 oz) package pre-washed spring mix salad greens
- 32 hard cooked eggs, quartered
- 2 c pitted kalamata olives
- 2 c red and yellow cherry tomatoes, halved
- 2 c Balsamic Vinaigrette Dressing

DIRECTIONS

- 1 Evenly divide salad greens among salad plates.
- 2 Top each with egg quarters, olives, tomatoes, 1 ¼ oz salmon, and 2 tablespoons dressing.
- 3 Serve immediately.

In this recipe: 





Tuna Melt Crostini

SERVINGS 36

INGREDIENTS

1 (66.5 oz) can of Chicken of the Sea®
Chunk Light Tuna in Water, drained

½ c mayonnaise

¼ c diced red onion

¼ c chopped parsley (reserve half for
garnish)

salt & pepper to taste

36 slices Italian Bread cut ½" thick

2 c mozzarella cheese

4 sliced plum tomatoes

DIRECTIONS

- 1 Heat oven to 350°F.
- 2 Add half the parsley and red onion to a bowl along with the tuna and mayonnaise; mix.
- 3 Spread tuna mixture over each crostini slice evenly.
- 4 Top each crostini with one tomato slice and an even amount of cheese.
- 5 Sprinkle with salt & pepper and bake for 5 mins. Garnish with remaining parsley. Serve immediately.

In this recipe:





Tuna Avocado Toast

SERVINGS 18

INGREDIENTS

- 1 (43 oz) pouch of Chicken of the Sea® Albacore Tuna
- 9 avocados
- ½ c lime juice
- Cracked black pepper
- 5 cucumbers, ribboned or thinly sliced
- 18 slices of crusty fresh bread, lightly toasted
- 4 ½ c sliced grape tomatoes
- 18 lime wedges

In this recipe: 



DIRECTIONS

- 1 In a large bowl, smash avocado, lime juice, and a few cracks of black pepper with a fork until the ingredients are incorporated and desired texture is achieved.
- 2 With a vegetable peeler, peel layers of the cucumber lengthwise until you reach the seeds. Or, slice the cucumber into thin slices.
- 3 Spread the smashed avocado over each slice of bread evenly. Top with cucumbers.
- 4 Divide the Chicken of the Sea® Albacore Tuna between the slices of toast, placing it over the cucumbers.
- 5 Top the tuna with sliced tomatoes, a few cracks of black pepper, and a spritz of lime juice.



Tuna Croissant Sandwich

SERVINGS 27

INGREDIENTS

1 (66.5 oz) can Chicken of the Sea®
Chunk Light Tuna in Water, drained
20 green onions, sliced
3 1/3 cups chopped dill pickles
7 large celery stalks, chopped
13 1/3 cups mayonnaise
salt & black pepper, to taste
27 croissants, halved lengthwise

DIRECTIONS

- 1 In a large bowl, combine the tuna with the green onions, pickles, celery, mayo, salt and pepper. Mix well.
- 2 On croissant bottom half, add tuna and preferred sandwich options, including tomato slices, lettuce, sliced banana peppers, pickles.
- 3 Finish with croissant top half and enjoy.

In this recipe:





Salmon Club Sandwich

SERVINGS 8

INGREDIENTS

- 1 (40 oz) pouch Chicken of the Sea® Premium Skinless & Boneless Pink Salmon
- 2 c mayonnaise
- 1 ½ c bacon bits
- ⅓ c chopped fresh basil
- 2 c diced, seeded tomatoes
- 16 large tomato slices
- 16 large leaves lettuce
- 24 slices whole wheat bread

DIRECTIONS

- 1 In a bowl, combine salmon with next 4 ingredients; blend well.
- 2 Evenly spread salmon mixture on 16 slices of bread.
- 3 Top each with a lettuce leaf and a slice of tomato.
- 4 Stack two on top of each other face up, then top with third slice of bread.
- 5 Secure with toothpicks and cut into triangles.

In this recipe: 





Grilled Vegetable and Salmon Quesadilla

SERVINGS 32

INGREDIENTS

- 1 (40 oz) pouch Chicken of the Sea® Premium Skinless & Boneless Pink Salmon
- 1 c olive oil
- 8 each portobello mushrooms, large
- 8 each red bell peppers, chopped
- 8 each small red onions, chopped
- 8 each small summer squash, diced
- 8 each small zucchini, diced
- salt and white pepper to taste
- 64 whole grain tortillas
- 32 oz goat cheese
- 16 c part skim mozzarella

DIRECTIONS

- 1 In a large skillet or wok, add the olive oil and sauté the vegetables over medium heat until softened, about 5 minutes. Transfer to a plate.
- 2 Add a tortilla to the skillet and heat. Add ½ cup mozzarella cheese on top of the tortilla, then ½ cup of the vegetables and 2 ½ ounces of the salmon.
- 3 Once the mozzarella begins to melt, add 2 ounces goat cheese on top of the salmon and cover with a second tortilla. Cook until slightly crisp then flip to toast the other side.
- 4 Repeat the above with the remaining ingredients. Let the quesadillas cool slightly and then cut into halves or quarters. Serve with your favorite condiments, such as sour cream, salsa or guacamole.

In this  recipe:





Dilled Salmon Pasta Salad

SERVINGS 15

INGREDIENTS

- 3 (14.75 oz) cans Chicken of the Sea® Traditional Pink or Red Salmon
- 3 cups spiral pasta, cooked and drained
- 4 ½ cups cherry tomatoes, quartered
- 3 medium cucumbers, quartered and sliced
- 3 small red onions, sliced
- 1 ½ cups olive oil
- 1 cup fresh lemon or lime juice
- 1 ¼ tbsp dill weed
- 3 garlic cloves, minced
- 1 tbsp salt
- 3/4 tsp pepper
- 3 heads lettuce, torn

DIRECTIONS

- **1** In a large bowl, toss the pasta, salmon, tomatoes, cucumber and onion.
- **2** For dressing, combine the oil, lemon or lime juice, dill, garlic, salt and pepper; mix well.
- **3** Pour over pasta. Cover and chill.
- **4** Serve over lettuce.

In this recipe: 



Cajun Tuna Burgers

SERVINGS 17



INGREDIENTS

1 (66.5 oz) can Chicken of the Sea®
Chunk Light Tuna in Water
2 $\frac{3}{4}$ c seasoned breadcrumbs – made
from 11 slices toasted or day-old bread
6 eggs, beaten
1 $\frac{1}{3}$ c diced red bell peppers
1 $\frac{1}{3}$ c diced green bell peppers
1 $\frac{1}{3}$ c chopped green onions
 $\frac{1}{3}$ c Cajun seasoning

1 Tbsp hot pepper sauce
 $\frac{1}{3}$ c vegetable oil
17 100% whole wheat hamburger buns
lettuce leaves
sliced tomatoes
sliced red onions
1 c low fat mayonnaise

DIRECTIONS

- 1 Toast the 11 slices of bread in a toaster or put them in the oven to toast up.
- 2 Make a crumb mixture using a food processor, pulsing the processor until a fine crumb is obtained.
- 3 In bowl, combine the tuna, breadcrumbs and eggs. Add next 5 ingredients to tuna mixture; blend well.
- 4 Evenly divide and shape the tuna mixture into seventeen patties.
- 5 In a large skillet, heat oil on medium heat until hot.
- 6 Cook tuna burgers on both sides until browned and heated through. Alternatively, these burgers can be made on the grill using a grill-safe pan.
- 7 Spread 1 tablespoon mayonnaise on each of the 17 hamburger buns, top with a tuna burger, lettuce, tomato and onion.

In this
recipe:



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