



THE 2022

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. For product details and more recipes, visit [chickenofthesea.com/foodservice!](https://chickenofthesea.com/foodservice/)





HERBED TUNA FETA SALAD

SERVINGS: 54

INGREDIENTS

1 can (66.5 oz) Chicken of the Sea® Solid White Albacore Tuna in Water, drained

6 cucumber, peeled and diced

1 ½ qt cherry or grape tomatoes, halved

3 c Kalamata olives, sliced

3 c red onion, diced

1 qt feta cheese, crumbled

24 cloves garlic, minced

1 c olive oil

¾ c red wine vinegar

¾ c fresh lemon juice

3 c fresh basil, oregano, and/or marjoram – chopped

1 Tbsp salt

1 Tbsp black pepper

DIRECTIONS

- 1 Stir together tuna, cucumber, cherry tomatoes, olives, onion, and feta cheese.
- 2 In a separate bowl, whisk remaining ingredients for dressing. Pour over salad and stir gently.





CLASSIC TUNA SALAD

SERVINGS: 17

INGREDIENTS

- 1 (43 oz) pouch Chicken of the Sea® Premium White Albacore Tuna
- 1 c mayonnaise
- ½ c celery, minced
- ½ c red onion, minced
- 2 Tbsp whole-grain mustard (or Dijon)
- 1 ½ Tbsp minced flat-leaf parsley
- 2-3 Tbsp sweet pickle relish (optional)
- salt and pepper, to taste
- freshly squeezed lemon juice (optional)

DIRECTIONS

- 1 Fill a small bowl with cold water; add minced red onion and let soak for 5 minutes. Drain and let dry on paper towels.
- 2 Add tuna to a large mixing bowl, break up lightly with a fork, then add remaining ingredients (up to salt and pepper). Stir to combine well.
- 3 Season with salt, pepper, and lemon juice to taste.
- 4 Serve in a wrap, in a sandwich, on mini toasts, on cucumber slices, in lettuce cups or in a salad.



SPINACH, ARUGULA & BLUEBERRY SALAD

SERVINGS: 24

INGREDIENTS

- 1 pouch (40 oz) Chicken of the Sea® Pink Salmon, Skinless & Boneless Pouch
- 40 oz fresh spinach arugula mix
- 6 c fresh blueberries
- 2 c chopped coarsely chopped walnuts
- 3 c shredded provolone/mozzarella cheese mix
- 2 c thin-sliced red onion
- 2 c extra virgin olive oil
- 1 ½ c white balsamic vinegar
- 3 Tbsp Dijon mustard
- Salt & pepper to taste

DIRECTIONS

- 1 Arrange greens on serving plates. Top with salmon, blueberries, walnuts, cheese, and onions.
- 2 Whisk olive oil, vinegar, mustard, salt, and pepper together for dressing. Serve on the side.





SALMON QUICHE

SERVINGS: 36-48

INGREDIENTS

- 6 9" prepared deep pie crusts
- 1 (64 oz) can Chicken of the Sea® Pink Salmon, Traditional Style
- 6 Tbsp dried breadcrumbs, finely ground
- 6 Tbsp Parmesan cheese, grated
- 3 Tbsp olive oil
- 1 qt fresh red peppers, diced
- 2 c fresh green onion, thin-sliced
- 1 Tbsp seafood seasoning
- 1.5 tsp hot sauce
- 3 doz fresh eggs
- 4.5 c 2% milk
- 1 ½ qt sharp cheddar cheese, shredded
- 6 Tbsp fresh parsley, minced

DIRECTIONS

- 1 Prick pie crust with fork and bake at 425°F for 7 minutes or until lightly browned.
- 2 Drain salmon and reserve liquid. Chop salmon, toss with breadcrumbs and Parmesan.
- 3 Heat olive oil in a sauté pan, medium heat. Add peppers and onions. Cook until onions are translucent. Add seafood seasoning and hot sauce; toss with reserved salmon liquid. Simmer until liquid is reduced by 90%.
- 4 Blend eggs and milk. Add cheese and parsley to the egg mixture. Blend in cooked vegetables and salmon/bread crumb mixture.
- 5 Pour into pie crust and place in 350°F oven for 35 minutes or until done.



ALBACORE AVOCADO SALAD

SERVINGS: 24

INGREDIENTS

1 (43 oz) pouch Chicken of the Sea® Premium White Albacore Tuna

½ c lemon juice

8 avocados

¼ c Dijon mustard

1 c sour cream

½ c capers

1 c celery, minced

1 c green onion, chopped

1 ½ qt red seedless grapes

DIRECTIONS

- 1 Place lemon juice, avocado flesh, and Dijon mustard into food processor. Blend until smooth.
- 2 Stir in all remaining ingredients.
- 3 Portion as 3/4 c. Serve on a bed of lettuce.





CHEF'S TUNA SALAD

SERVINGS: 12

INGREDIENTS

- 1 (43 oz) pouch Chicken of the Sea® Premium White Albacore Tuna or Premium Light Tuna
- 3 qt torn iceberg lettuce or leaf lettuce
- 3 qt torn romaine lettuce or fresh spinach
- 12 oz cheese cut into bite-size pieces
- 6 hard-cooked eggs, sliced
- 6 medium tomatoes, cut into wedges
- 3 green OR red sweet peppers, cut into strips
- 3 c croutons (optional)
- 1 ½ c salad dressing

DIRECTIONS

- **1** In a large bowl, toss greens.
- **2** Divide greens among 12 large salad bowls or plates.
- **3** Arrange tuna, cheese, eggs, tomatoes, and sweet peppers on top of greens.
- **4** If desired, sprinkle with croutons. Drizzle with salad dressing.





SOUTHWEST SALMON CAKES

SERVINGS: 9

INGREDIENTS

- 1 pouch (40 oz) Chicken of the Sea® Pink Salmon, Skinless & Boneless Pouch
- 3 c roasted yellow corn
- 1 c diced shallots
- 3 Tbsp Italian parsley, finely chopped
- 4 eggs, beaten
- 6 Tbsp unsalted butter, melted
- 3 Tbsp fresh ginger, grated
- 1 Tbsp smoked paprika
- 1 Tbsp chili powder
- 2 tsp soy sauce
- ½ c dried plain breadcrumbs
- 3 Tbsp frying oil
- 4 ½ c black bean and corn salsa
- 2 c Southwestern style mayo or dressing

DIRECTIONS

- **1** Combine and gently mix salmon, corn, shallots, parsley, eggs, butter, ginger, paprika, chili powder, soy sauce, and measured reserved liquid.
- **2** Gently fold 2 cups of breadcrumbs into mixture, being careful to keep salmon chunks intact. Using a #12 scoop, portion out patties, pressing together firmly. If needed, add some of the leftover breadcrumbs to bind patty together.
- **3** Heat oil over medium heat. Gently dredge patties in remaining breadcrumbs and place in skillet. Cook each side until golden brown (about 3 minutes per side), to an internal temperature of 160°F.
- **4** Portion ½ cup of salsa on plate. Place 2 salmon cakes on top of salsa.
- **5** Drizzle Southwestern dressing on each salmon corn cake. Serve with lime wedges.



TUNA FRITTATA

SERVINGS: 48

INGREDIENTS

- 1 (43 oz) pouch Chicken of the Sea® Premium White Albacore Tuna
- 4 small onions, minced
- 2 red bell peppers, minced
- ½ c fresh chives, minced
- 16 eggs, lightly beaten
- ½ c skim milk
- 1 qt Cheddar cheese, shredded
- ½ c Parmesan cheese, shredded
- ½ tsp black pepper

DIRECTIONS

- 1 Combine all ingredients in mixing bowl.
- 2 Spoon into oiled muffin tins.
- 3 Bake at 350°F for 20 min. or until eggs are cooked through.





GRILLED ALASKA SALMON BURGERS

SERVINGS: 24

INGREDIENTS

1 (64 oz) can Chicken of the Sea® Pink Salmon Traditional Style

6 eggs, slightly beaten

1 ½ c finely chopped onion

1 ½ c thick barbecue sauce

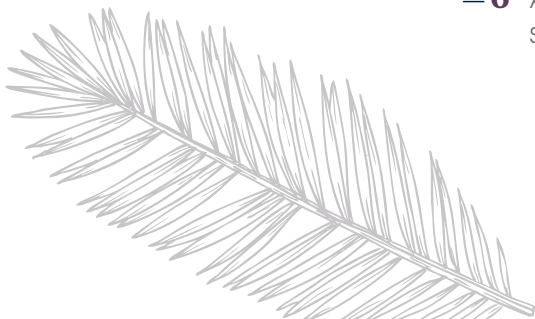
6 c fresh breadcrumbs

24 slices cheese, if desired

24 hamburger buns or rolls

DIRECTIONS

- **1** Drain salmon thoroughly, squeezing out excess moisture. In bowl, flake salmon with fork.
- **2** Add egg, onion, barbecue sauce and breadcrumbs. Blend thoroughly until mixture is almost smooth.
- **3** Divide and form mixture into patties.
- **4** Place on spray-coated or oiled pre-heated grill or broiler pan about 4 to 5 inches from flame.
- **5** Cook patties about 4 minutes on each side, or until lightly browned, turning gently.
- **6** Add cheese slices, if desired. Serve on buns or rolls.





MOM'S FAVORITE TUNA NOODLE CASSEROLE

SERVINGS: 24

INGREDIENTS

- 1 (43 oz) pouch Chicken of the Sea® Premium Light Tuna
- 1 (50 oz) can cream of mushroom soup
- 1 qt milk
- 2 qt frozen peas
- 4 qt cooked medium egg noodles
- 1 c dry breadcrumbs
- 8 oz butter, melted

DIRECTIONS

- 1 Stir soup and milk until smooth.
- 2 Combine warm liquid with peas, tuna, and noodles in 3-quart casserole.
- 3 Bake at 400°F for 30 minutes or until hot, then stir.
- 4 Mix breadcrumbs with melted butter in bowl and sprinkle over tuna mixture.
- 5 Bake 5 more minutes or until golden brown.





SALMON MACARONI & CHEESE

SERVINGS: 32

INGREDIENTS

- 1 pouch (40 oz) Chicken of the Sea® Pink Salmon, Skinless & Boneless Pouch
- 6 oz butter, unsalted
- 1 ½ c flour
- 3 ½ qt skim milk, hot
- 10 oz yellow American cheese, sliced
- 1 lb yellow sharp cheddar cheese, shredded
- ¾ c grated Parmesan cheese
- 1 ½ lb vegetable penne pasta (dry)
- 1 ½ c fresh green onion, thin-sliced
- ¼ c butter, unsalted, melted
- 1 ½ c plain panko breadcrumbs

DIRECTIONS

- **1** Melt butter in a heavy saucepan. Add flour and blend well to make a roux. Cook on low heat for 3 minutes, stirring frequently.

DIRECTIONS

- **2** Add the milk in small batches, stirring constantly until smooth. Bring to a simmer after each addition. After all milk is added, allow sauce to simmer for 3 minutes, stirring frequently.
- **3** Add the cheese, stirring constantly until melted.
- **4** Cook pasta al dente according to package instructions; drain.
- **5** In a large mixing bowl, gently combine the cheese sauce, cooked pasta, salmon, and green onions. Transfer mixture to 2" steam table pans or into individual casserole dishes.
- **6** Combine melted butter and panko in a mixing bowl and dust over casseroles.
- **7** Bake at 350°F for approximately 35 min., until casserole reaches 160°F and topping is golden brown.



HEALTHY SALMON LOAF

SERVINGS: 16

INGREDIENTS

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

3 eggs

3 c whole wheat breadcrumbs

1 c onion, minced

1 c celery, minced

¼ c ketchup

2 Tbsp Dijon mustard

2 Tbsp dried parsley

2 Tbsp dried dill leaves

1 tsp smoked paprika

½ c skim milk

DIRECTIONS

- **1** Stir together all loaf ingredients and press into oiled 9"x5" loaf pans.
- **2** Bake at 375°F for 45 min. or until firm.
- **3** Cool and then invert pan. Slice each loaf into 8 slices.
- **4** Stir together sauce ingredients and top each serving with sauce. Garnish with drained capers and herb sprigs if desired.

Cucumber Dill Sauce

1 c fat-free sour cream

2 Tbsp fresh lemon juice

1 cucumber, grated

1 Tbsp dried dill leaves

FEATURED PRODUCTS

FISH	ITEM DESCRIPTION	PRODUCT CODE	GTIN
TUNA	PREMIUM LIGHT POUCH 6/43	4800000389	10048000003895
TUNA	TONGGOL LIGHT POUCH 6/43	4800001190	10048000011906
TUNA	YELLOWFIN POUCH 6/43	4800001330	10048000013306
TUNA	PREMIUM WHITE POUCH 6/43	4800000790	10048000007909
TUNA	TONGGOL LIGHT WATER 6/66.5	4800001180	10048000011807
TUNA	CHUNK LIGHT WATER YELLOWFIN 6/66.5	4800001339	10048000013399
TUNA	CHUNK LIGHT WATER 6/66.5	4800007087	10048000070873
TUNA	SOLID WHITE WATER VLSDM 6/66.5	4800000555	10048000005554
TUNA	SOLID WHITE WATER 6/66.5	4800000589	10048000005899
TUNA	CHUNK WHITE WATER 6/66.5	4800000783	10048000007831
SALMON	PINK SALMON - TRADITIONAL 6/64	4800001466	10048000014662
SALMON	PINK SALMON SK/BL POUCH 6/40	4800000190	10048000001907

VISIT

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LEADER IN SUSTAINABILITY



#1 IN THE WORLD ON THE SEAFOOD STEWARDSHIP INDEX IN 2021



TOP 2 — THREE YEARS IN A ROW



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