



5 Delicious

Kid-Friendly Recipes



 Safe Catch®



How to Make a Tuna Salad

SERVES:
1-2

PREP TIME:
10 mins

COOK TIME:
0 mins

INGREDIENTS

BASE INGREDIENTS

- 1 Can Safe Catch Elite Wild Tuna
- 1½ Tbsp Extra Virgin Olive Oil
- 1 Clove Garlic (or ½ tsp garlic powder)
- ¼ Cup Sliced Scallions or Green Onions
- 1 Tbsp Lemon Juice
- Salt & Pepper to taste

TOOLS YOU'LL NEED

- Medium Mixing Bowl
- Chef's Knife
- Cutting Board
- Measuring Spoons & Cups

CUSTOMIZABLE INGREDIENTS

Choose Your Acid

- 1 – 2 Tbsp will add brightness: lemon juice, red wine vinegar, sherry vinegar, or vinegar of preference
- 1 – 2 Tbsp Diced Pickled or Brined Goodies: olives, pickled vegetables (pickles, sauerkraut, beets) or caper berries
- Add Some Crunch
 - ½ Cup Diced Veggies: celery, radish, fennel, carrot, jalapeno, cabbage or any crunchy vegetable
 - Flavorful Herbs and Spices
 - 1 Tbsp minced Fresh Herbs or ⅛ tsp Dried Herbs: parsley, cilantro, oregano, basil, thyme, red chili powder or sriracha
 - Add Some Depth
 - 1 Tbsp of classic Mayonnaise or Paleo/Keto/Whole30 Alternatives
 - ½ A Ripe Avocado (Diced or Mashed)

INSTRUCTIONS

- Open can of Safe Catch Elite Wild Tuna (Do not drain), then flake with a fork until all liquid is absorbed by the tuna, and empty into a medium mixing bowl
- Knife Work: Rinse and slice scallions or green onions into slivered rings, peel and finely chop garlic; place into mixing bowl
- Add all remaining base Ingredients to mixing bowl (no stirring just yet)

PERSONALIZING YOUR TUNA SALAD INSTRUCTIONS

- Knife Work: Dice your acid and/or crunch ingredients into small enough pieces to be easily eaten, but large enough to maintain texture (between ⅛ & ¼ Inches) and add to mixing bowl
- Add any liquid ingredient you've selected, along with herbs & spices
- Gently mix all ingredients together, until combined, being careful not to over-stir to keep texture and prevent mush

SERVING SUGGESTION

The best tuna salads are versatile and a nutritious addition to your weekly healthier eating choices. You may wonder, how long is tuna salad good for? If refrigerated, 2-3 days, but your new wild tuna salad recipes surely won't be around that long.

Tuna Salad Eating Occasion Ideas

- Keep it Classic: Serve between two slices of multi-grain (or gluten-free) bread or on top of the healthy cracker of your choice\
- Wrap in romaine lettuce leaves and eat like a taco for a Paleo/Keto/Whole30 Friendly alternative to the classic tuna salad sandwich
- Put a heaping scoop on top of mixed greens and you instantly have an entree salad
- Tuna salad is fantastic along side cottage cheese or avocado
- Serve small scoops inside radicchio with extra lemon wedges on the side
- Serve like a dip: Add a Tbsp of additional olive oil or mayo, or half a mashed avocado, or a dash of acid to thin out the salad and serve in a bowl surrounded by celery sticks, endive spears or anything you'd like to dip!



Tuna Pizza Bites for the Family

SERVES:
8

PREP TIME:
10 mins

COOK TIME:
18 mins

INGREDIENTS

- 1 Can Safe Catch Elite Wild Tuna
- 3 Large Eggs
- 3 Tbsp Tomato Paste
- 1 tsp Dried Parsley
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 tsp Garlic Powder
- ¼ Cup Quick Oats
- ½ Cup Grated Parmesan
- 1 Cup Grated Mozzarella
- Cooking Spray

TOOLS YOU'LL NEED

- Medium & Small Mixing Bowl
- 24 Count Mini Muffin Tin
- 1 Small Cookie Scoop
- Measuring Spoons & Cups

INSTRUCTIONS

1. Preheat oven to 350 Degrees F
2. Lightly spray a 24 count mini muffin tin with cooking spray and sprinkle a dusting of grated parmesan cheese in the bottom of each cup
3. Open a can of Safe Catch Elite Wild Tuna (Do not drain), flake with a fork in can until all liquid is absorbed by tuna, then empty into a medium mixing bowl, adding other wet ingredients: 3 Eggs and 3 Tbsp tomato paste.
4. Add quick oats and dry spices to the mixing bowl, with half the mozzarella and any remaining parmesan, then mix with a fork until all ingredients are combined.
5. Use a small cookie scoop or tablespoon to place pizza bite mixture into the 24 muffin tin cups and bake for 12 minutes.
6. Top pizza bites with remaining mozzarella and bake for 4-6 mins or until cheese has browned.
7. Remove pizza bites from oven and let cool, until a table knife easily removes each bite.

SERVING SUGGESTION

Share with family and friends immediately, as these Tuna Pizza Bites are sure to become a family favorite for appetizers, game day, or even with a fresh green salad. Serve with a bowl of marinara sauce for an added kick.



Salmon Tacos with Avocado

SERVES:
8

PREP TIME:
10 mins

COOK TIME:
18 mins

INGREDIENTS

- 2 cans of Safe Catch Wild Pink Salmon
- 4 Tbsp Mayonnaise
- ½ tsp Black Pepper
- 8 Tortillas of choice
- 2 Ripe Avocado
- 2 Cups Organic Leafy Greens
- Oil of choice for cooking

TOOLS YOU'LL NEED

- Medium Mixing Bowl
- Chef's Knife
- Cutting Board
- Frying Pan
- Spatula
- Measuring Spoons & Cups

INSTRUCTIONS

1. Open each can of Safe Catch Wild Pink Salmon (Do not drain), then flake with a fork until all liquid is absorbed by the salmon, then empty into a medium mixing bowl, add mayonnaise, black pepper and stir until fully blended, then set aside.
2. Knife Work: (Carefully) Halve Avocadoes, removing the pit and skin, then slice halves for about 6-8 slices each.
3. Warm tortillas in microwave for ~10 secs, to make them pliable.
4. Add about 2 Tbsp of salmon to each tortilla, followed by leafy greens and avocado slices, then fold in half and place in an oiled frying pan on medium-high heat for about 3 mins per side or until crispy & browned.

SERVING SUGGESTION

Eat Salmon Tacos while they are warm and feel free to add your favorite salsa to these crispy shell favorites. Any leftovers can be refrigerated and used to make salmon salad sandwiches or another batch of tacos in the next 2-3 days.

Salmon Meatballs with Teriyaki Glaze

SERVES:
4

PREP TIME:
15 mins

COOK TIME:
15 mins

INGREDIENTS

Meatballs

- 2x 5 oz. cans Safe Catch Wild Pink Salmon
- 1 small zucchini, shredded – 3/4 cup lightly packed,
- 1 medium carrot, shredded – 3/4 cup lightly packed
- 2/3 cup almond meal (or flour)
- 1 large egg
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp salt

INGREDIENTS

Orange Teriyaki Sauce

- 2/3 cup orange juice
- 1/4 cup coconut aminos
- 1 Tbs apple cider vinegar
- 1/2 Tbs ginger paste
- 1 tsp minced garlic
- 1 tsp tapioca flour + 2 tsp water

TOOLS YOU'LL NEED

- Baking sheet
- Medium mixing bowl
- Measuring cups & spoons
- Fork
- Mixing spoon

INSTRUCTIONS

1. Preheat oven to 350F.
2. Open 2 cans salmon, use fork to flake salmon until liquids absorbed, then empty into bowl. Add shredded zucchini, carrots, almond flour, and spices to bowl. Mix well with fork until thoroughly combined.
3. Use a medium cookie scoop for consistent sizing and roll each meatball by hand, then place each on baking sheet, leaving space between.
4. Bake meatballs for 22-25 mins, flipping over at 12 mins.
5. Meanwhile, prepare glaze by placing all ingredients in a small pot over medium heat, until the beginning of a boil, then reduce to a low simmer for 15 mins to thicken to a glaze.
6. After baking meatballs, place in shallow bowl and pour glaze.

SERVING SUGGESTION

Share with family and friends immediately, while Salmon Poppers are warm. Enjoy the warmth of holiday spices, the gentle chili kick and the sweetness of cranberry sauce, blending into your new holiday favorite appetizer.





Tasty Tuna Taco Bites

SERVES:
8

PREP TIME:
10 mins

COOK TIME:
12 mins

INGREDIENTS

- 1 Can Safe Catch Elite Wild Tuna
- 3 Large Eggs
- 1 Tbsp Tomato Paste
- ¼ Cup Quick Oats
- 1 Tbsp Taco Seasoning
- 1 Cup Crushed Tortilla Chips
- 1 ½ Cup Shredded Cheddar Cheese
- Cooking Spray

TOOLS YOU'LL NEED

- Medium Mixing Bowl
- 24 Count Mini Muffin Tin
- 1 Small Cookie Scoop
- Measuring Spoons & Cups

INSTRUCTIONS

1. Preheat oven to 350 Degrees F
2. Lightly spray a 24 count mini muffin tin with cooking spray
3. Open a can of **Safe Catch Elite Wild Tuna** (Do not drain), flake with a fork in can until all liquid is absorbed by tuna, then empty into a medium mixing bowl, adding other wet ingredients: Eggs and Tomato Paste
4. Add quick oats and taco seasoning to the mixing bowl, with two thirds of the shredded cheddar cheese, then mix with a fork until all ingredients are combined
5. Place tortilla chips into a bag and crush with hands or rolling pin to approximately ⅛ inch pieces, then cover the bottom of each muffin tin cup with crushed tortilla chips, reserving about ⅓ to top each taco bite later
6. Use a small cookie scoop or tablespoon to place taco bite mixture into the 24 muffin tin cups, then top each with remaining crushed tortilla chips and remaining cheddar cheese
7. Bake for 12-14 minutes, depending on oven temperature, rotate muffin tin tray about halfway through baking
8. Remove taco bites from oven and let cool, until a table knife easily removes each bite

SERVING SUGGESTION

Share with family and friends immediately, as these Tuna Taco Bites are sure to become a family favorite for appetizers, game day, or even with a fresh green salad. Serve with a bowl of Salsa, Guacamole, Ranch Dressing or all three.