

CANNED SALMON CAN DO

"The faster I go, the behinder I get," could well be the theme song of today's busy career women and hurried homemakers. In this hurry-scurry world there never seems to be enough time to do all that is scheduled. Homemakers today wear many hats such as cook, chauffeur, hostess, laundress, teacher, and den-mother. They frequently work outside the home as well. This leaves very little time for leisure or relaxation. When this happens, homemakers in the know say "It's Time for Seafood" because these smart gals are aware that tender, quick-cooking fishery products save their precious time.

Canned fishery products are always appropriate when time is short, and canned salmon in particular is a bonanza for nourishing, satisfying, quick-fix entrees any season of the year. Versatile, shelf-ready canned salmon is delightful to eat just as it comes out of the can, and it also lends savory goodness to other foods in combination entrees such as salads, sandwiches, or casseroles. This fish for all seasons contains an abundance of high-quality protein and essential minerals and vitamins. The small amount of fat in canned salmon is polyunsaturated, the type accepted and recommended by the medical profession.

Open a can of salmon and enjoy it in a tasty Salmon Alaska entree. This open-faced, broiled sandwich is great for lunch, brunch, or a late evening snack. The flaked salmon perches on tomato slices and toast and is crowned with a lemony-mayonnaise meringue. A few minutes under the broiler until lightly browned, and delectable Salmon Alaska is ready to serve. This snow-on-the-mountain sandwich is great eating, and there will probably be demands for seconds--better plan it that way.

Another way to brighten up your busy days is with Time for Seafood (I 49.49/2:12), Fishery Market Development Series No. 12. This full-color booklet has Salmon Alaska and 24 other taste delights to help lighten your load as you switch hats. For your copy of this booklet designed for you and to save your time, send 45¢ to the Superintendent of Documents, U. S. Government Printing Office, Washington, D.C. 20402.



SALMON ALASKA

1 can (1 pound) salmon	2 egg whites
1 cup mayonnaise or salad dressing	Dash cayenne pepper
2 tablespoons lemon juice	6 tomato slices
$\frac{1}{2}$ teaspoons parsley flakes	6 slices white bread, toasted

Drain salmon. Remove the skin and bones. Flake the salmon. Combine mayonnaise, lemon juice, parsley, and pepper. Beat egg whites until stiff but not dry. Fold mayonnaise mixture into beaten egg white. Place a tomato slice on each piece of toast. Cover tomato with salmon. Place sandwiches on a bake and serve platter, 16 by 10 inches. Spoon mayonnaise mixture over each sandwich. Broil about 12 inches from source of heat for 6 to 8 minutes or until lightly browned. Makes 6 servings.

(Source: NMFS, NOAA, U.S. Department of Commerce, 100 East Ohio Street, Room 526, Chicago, Illinois 60611.)