



**Recipes for Five Ways to Use Canned Chicken & Fish**

Recipe	Website
Veggie Salmon or Tuna or Chicken Salad	<a href="https://eatsmart.umd.edu/recipe/veggie-salmon-or-tuna-salad">https://eatsmart.umd.edu/recipe/veggie-salmon-or-tuna-salad</a>
Chicken Waldorf Salad	<a href="https://eatsmart.umd.edu/recipe/chicken-waldorf-salad">https://eatsmart.umd.edu/recipe/chicken-waldorf-salad</a>
Tuna Pasta	<a href="https://eatsmart.umd.edu/recipe/tuna-pasta">https://eatsmart.umd.edu/recipe/tuna-pasta</a>
Salmon Patties	<a href="https://eatsmart.umd.edu/recipe/salmon-patties">https://eatsmart.umd.edu/recipe/salmon-patties</a>
Chicken Power Wrap	<a href="https://eatsmart.umd.edu/recipe/chicken-power-wrap">https://eatsmart.umd.edu/recipe/chicken-power-wrap</a>
Tuna Lettuce Wraps	<a href="https://eatsmart.umd.edu/recipe/tasty-tuna-lettuce-wraps">https://eatsmart.umd.edu/recipe/tasty-tuna-lettuce-wraps</a>

**Thank you for attending!**

Razan Sahuri  
 SNAP-Ed Nutrition Educator  
 rsahuri@umd.edu