



The Bluehouse Salmon Cookbook

Putting delicious, ocean safe Bluehouse Salmon on your table.

Bluehouse Salmon

A letter from the Bluehouse Team

Our sustainable and healthy Bluehouse Salmon inspire us to nourish and feed our bodies in different ways. We created these recipes to fit our dynamic lifestyles, but also to show off the versatility of our product! We're elated that salmon is the star of the show in these dishes, but we're even more thrilled that you've chosen to go on this journey with us.

With its mild flavor and rich in Omega-3 fatty acids, Bluehouse Salmon complements any palette by being heart-healthy and easy to work with. From grilled to kid-approved and for those brave enough to conquer more complex dishes, the Master Chef category is for you.

We can't wait to see your spin on these recipes, make sure to tag and follow us at @BluehouseSalmon and #BluehouseSalmon.

Remember: Bluehouse, green planet!

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GRILLED

Cajun Roasted Bluehouse Salmon

 45 min.  4 servings

It's time to add a little spice to your plate. This Cajun Roasted Bluehouse Salmon will have you fired up and is the perfect addition of new flavor to your more traditional salmon recipes. We especially love the warmth of this dish in the fall season.

There are 3 components to this recipe: the corn and pepper mixture and the whipped pepper puree. Together these add a subtle kick to the blackened Bluehouse Salmon fillet.

You can also make this a seafood affair: add a serving of shrimp on the side to complement the smooth texture of our Bluehouse Salmon with the crunch of our smaller seafaring delight. On to the recipe!

Blackened Bluehouse Salmon:

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|--|---------------------------------|
| 4 (4-6 oz) Bluehouse Salmon fillets | 1/4 tsp black pepper (optional) |
| 1 tbsp butter | 1-2 tbsp butter to baste |
| 1/2 tsp salt or salt blend or desired amount | 1 tsp dijon |
| 1/4 tsp garlic granules | 1 tsp maple |
| 1-2 tsp favorite blackening seasoning blend | |

- STEP 1** Season your Bluehouse Salmon fillets evenly and let rest for a few minutes, brushing the dijon and maple over the top once seasonings have been added. (closer to room temperature).
- STEP 2** Using a sauté pan, add butter and let heat. Add fillets flesh side down, skin side up once the oil has heated.
- STEP 3** Let your fish cook for approximately 2-4 minutes and turn until fish becomes opaque, adding your butter to the pan halfway through and basting the fish with butter until it has reached an internal temperature of 145°. Serve with your favorite grilled & blackened shrimp as well as a grilled lime.

Whipped Red Pepper Puree:

- | | |
|--|--|
| 2 lb of red bell peppers | 1 tsp garlic granules |
| 1 tbsp avocado oil or extra virgin olive oil | 2 tbsp parmesan or coconut milk (optional) |
| 1 tsp salt | 1/4 tsp black pepper |

- STEP 1** Season & cook in the oven at 425° for 30-35 minutes or until fully roasted.
- STEP 2** Blend the peppers in a high-speed blender until fully combined, adding parmesan or coconut while on high.

Corn & Pepper Mixture:

- 1 tbsp butter
1/2 onion
1 red bell pepper
2 garlic cloves
2 tsp Blackening seasoning
1 cup coconut milk or 1/2 cup milk-based cream + 1/2 cup veg broth
1 cup of corn
1/3 cup tomato sauce
1/2 lime (optional)
2 tsp maple syrup
1-2 tbsp parsley

STEP 1 Start by chopping your ingredients into dice-sized pieces, while finely chopping your garlic. Reserve.

STEP 2 Adding butter to your pan, allow the ingredient to heat on medium-high and add-in your onions and peppers into the pan.

STEP 3 Follow with your corn and remaining ingredients and let simmer for approximately 10 minutes. Season as desired & finish with parsley.



Roasted Butter Herb Bluehouse Salmon with Arugula Fennel Salad

 45 min.  4 servings

Looking for a light dinner dish? You can never go wrong with a classic Bluehouse Salmon recipe and a side salad. The mild anise flavors of the fennel, the spiciness of the arugula, the crunch of rosemary croutons plus the star of the show, the roasted butter herb salmon, creates a memorable flavor combination sure to satisfy even the pickiest palates.

Perfect for a large household or just yourself—going the extra mile to create a decadent salad will have your heart smiling.

THIS RECIPE IS DIVIDED INTO FOUR PARTS:

1. Roasting the salmon
2. Preparing the salad
3. Making the dressing
4. Toasting homemade rosemary croutons

Bluehouse Salmon:

4 (4-6 oz) Bluehouse Salmon fillets	1/4 tsp garlic granules
1-2 tbsp butter	1/4 tsp black pepper (optional)
1/2 tsp salt/ salt blend or desired amount	1-2 tbsp butter to baste

- STEP 1** Season your fillets evenly and let rest for a few minutes (closer to room temperature).
- STEP 2** Using a sauté pan, add butter and let heat. Add fillets flesh side down, skin side up once oil has heated.
- STEP 3** Let your fish cook for approximately 2-4 minutes and turn until fish becomes opaque, adding your butter to the pan halfway through and basting the fish with butter until it has reached an internal temperature of 145°.

Salad:

1 sliced Easter egg radish
1/4 small thinly sliced fennel bulb
1/4-1/2 granny smith apple
1/2 avocado
1/4 cup croutons
1 cup packed arugula
Dressing as desired

STEP 1
Prepare your oven to make your croutons or enjoy the salad with your favorite croutons.

STEP 2
Using a mandolin, slice your radish, apple, & fennel into thinly sliced pieces, following by cutting the apple into matchsticks. Reserve apple in lemon juice if making ahead of time.

STEP 3
Combine all ingredients in a bowl with your favorite lemon vinaigrette or attached dressing.

Dressing:

- Juice of 1 lemon
- 1/8 tsp black pepper
- 1 chopped garlic clove
- 1 tbsp dijon mustard
- 1 tbsp parsley
- 1/2 tsp honey
- 1/4 cup extra virgin olive oil

- STEP 1

Add all ingredients to a bowl except your olive oil stirring constantly.
- STEP 2

Once combined, slowly add in your olive oil to create your vinaigrette.

Rosemary Croutons:

- 3 sprigs of rosemary
- 1 package of sourdough or gluten-free bread
- 1/3 cup extra virgin olive oil
- 2 tsp salt
- 1 tsp garlic granules

- STEP 1

First, begin by heating your oven to 350°.
- STEP 2

Using a chef’s knife, finely chop your rosemary sprigs into fine pieces and reserve in a bowl.
- STEP 3

Using your favorite (sliced) bread, chop into small to medium diced-sized pieces and reserve in the same bowl as your rosemary.
- STEP 4

Following this, add in your salt, garlic granules, as well as your extra virgin olive oil & combine with clean hands until fully mixed.
- STEP 5

Next, bake your croutons on a sheet tray until golden (approximately 20-25 minutes) turning halfway through.
- STEP 6

Reserve in a sealed container for your salad!



Bluehouse Salmon Burgers

40 min.

4 servings

Great burgers shouldn’t be synonymous with beef. There’s something juicy and delicious about Bluehouse Salmon burgers—maybe it’s the pairing with the dijon mustard and lemon juice, or just the fact that we’re also eating bread.

We also strongly believe that salmon burgers aren’t just for summer BBQs, these should be enjoyed year-round and maybe even for breakfast. We hope you enjoy them!

- 4 (4-6 oz) Bluehouse Salmon fillets

1 large egg, lightly beaten

1/2 cup bread crumbs

1 clove garlic, minced

Zest and juice of 1 lemon

2 tbsp freshly chopped dill

1 tbsp dijon mustard

1 tsp Worcestershire sauce

1/2 tsp red pepper flakes

Kosher salt

Freshly ground black pepper

1 tbsp extra-virgin olive oil

Hamburger buns, for serving

Mayonnaise, for serving

Romaine, for serving

Tomato, for serving

Red onion, for serving

- STEP 1

In a large bowl, combine Bluehouse Salmon with egg, bread crumbs, garlic, lemon zest and juice, dill, dijon, Worcestershire and red pepper flakes. Season with salt and pepper and stir until fully combined, then form into 3 to 4 patties.
- STEP 2

In a large skillet, heat oil. Add patties and cook until golden, about 4 minutes on each side.
- STEP 3

Follow with your corn and remaining ingredients and let simmer for approximately 10 minutes. Season as desired & finish with parsley.





HEART-HEALTHY

Turmeric Paprika Bluehouse Salmon

 45 min.  2 servings

Spices make the world go round. Turmeric and Paprika are top-notch spices that do not only contain their own health benefits but will most likely change your life. Okay maybe that's an exaggeration, but they will give this recipe that zest, punch, yum factor that separates it from other recipes.

The addition of the lemon and side salad will have you craving for more, and the best part is that it's good for your heart. Turmeric contains anti-inflammatory effects and is a very strong antioxidant, as for paprika, it helps the digestive system more easily break down food. Have at it!

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| 2 (4-6 oz) Bluehouse Salmon fillets | purple carrot, thumb size, cut lengthwise |
| 3 button mushrooms, sliced | 1 tsp paprika powder |
| 3 french beans, chopped into 3 parts | 1 tsp turmeric powder |
| orange carrot, thumb size, cut lengthwise | 5 tsp oil |
| yellow carrot, thumb size, cut lengthwise | pinch of salt |
| | pinch of black pepper |

- STEP 1** In a saucepan with boiling water, add carrots and french beans. Cook for about 3 minutes. Then sieve the vegetables.
- STEP 2** Add 2 teaspoons of oil, paprika and turmeric powder in a small bowl. Mix well. Rub the mixture all over the salmon. Add pinch of salt and pepper. Leave for awhile.
- STEP 3** Saute mushroom in a non-stick pan with 2 teaspoons of oil. Add pinch of salt and pepper. Then add the boiled vegetables. Stir fry for about 2 minutes and plate it.
- STEP 4** In the same non-stick pan, add 1 teaspoon of oil and place salmon skin side down and cook for about 3-5 minutes (depending how thick your salmon is). Then flip the salmon over and cook for another 2-3 minutes. Place the salmon on the cooked vegetables & mushrooms.

Serve warm.



Apricot Mustard Bluehouse Salmon

 45 min.  4 servings

This Apricot Mustard Bluehouse Salmon with Grilled Asparagus and Warm Farro Salad with Pistachio Gremolata recipe might be a mouthful, but we’re certain that it’ll become a favorite for those days you want to experiment pairing Bluehouse Salmon with unique flavors and textures. So, go on, keep reading to discover why this apricot mustard, grilled asparagus, and warm Farro salad with pistachio gremolata recipe is beyond delicious.

Side note: We are taking suggestions on a shorter, bite-size name for this recipe. Long name but LOTS of flavors.

This three-part recipe seems intimidating at first, especially with the addition of the Pistachio Gremolata, but it’s quite streamlined and simple. Just make sure you read the ingredient list and tools needed before embarking on this flavorful journey. As always, tag @BluehouseSalmon and use the hashtag #BluehouseSalmon so we can share it on our social channels!

Bluehouse Salmon:

- 4 (4-6 oz) Bluehouse Salmon fillets
- 1 tbsp butter
- 1/2 tsp salt/ salt blend or desired amount
- 1/4 tsp garlic granules
- 1/4 tsp black pepper (optional)
- 1-2 tbsp apricot jam (unsweetened)
- 1 tbsp mustard
- 1-2 tbsp butter (for basting)

- STEP 1** Season your Bluehouse Salmon fillets evenly and let rest for a few minutes (reserve apricot jam for finishing).
- STEP 2** Using a sauté pan, add butter and let heat. Add fillets flesh side down, skin side up once the oil has heated.
- STEP 3** Let your Bluehouse Salmon cook for approximately 2-4 minutes and turn until fish becomes opaque, adding your butter to the pan halfway through and basting the fish. Just prior to the fish being complete add your apricot jam & complete your final basting to further extend the caramelization of your fish with butter until it has reached an internal temperature of 145°.
- **Make sure your apricot jam is softened prior to adding to the pan. ****

Farro & Pistachio Gremolata:

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| 1/4 cup packed curly parsley | 1 garlic clove |
| Zest of 1 lemon | 1 1/2 tbsp extra virgin olive oil |
| 1/3 cup pistachios | 1 cup cooked farro |
| 1/8 - 1/4 tsp salt | Parmesan if desired (optional) |

Asparagus:

- 1 tsp butter
- 1/8 tsp salt
- 1/8 tsp garlic granules
- STEP 1** Cook farro according to directions and reserve in a bowl, until cooled.
- STEP 2** Pulse your pistachios until finely chopped and reserve in the same bowl. Following this, zest 1 lemon and finely chop your parsley while adding the remaining ingredients. Season to the desired flavor profile.
- STEP 3** Using a separate pan, cook your asparagus, turning frequently to achieve a bright green color. Remove & plate with farro at the base of your dish, salmon over top, and finish by draping the asparagus over the top. Enjoy.

LET’S TALK HEART HEALTHY BLUEHOUSE SALMON:

1. An introduction to Farro: this ancient grain is heart-healthy the same way Bluehouse Salmon is, full of fiber, protein, vitamins, minerals, and antioxidants.
2. Farro is the perfect complement to due to its nutty flavor and unique, chewy texture. Combine it with parsley and you have yourself a salad, perfect for topping off the apricot mustard salmon on top.
3. Bluehouse Salmon is packed with Omega 3s and is a heart-healthy addition to your diet.



Blackened Bluehouse Salmon

 45 min.  4 servings

It is a common thought to think blackened salmon is just a burnt filet. Wrong! In reality, the look and texture come from the butter, herbs and spices cooked in an extremely hot pan. As a result of the high heat, the butter browns, creating the signature “blackened” look.

Blackened fish may seem like an intimidating recipe for someone who hasn’t tried the technique before, however, you can easily make restaurant-quality, blackened Bluehouse Salmon by following this recipe in your own home! Don’t believe us? Try it. We promise you won’t be disappointed.

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| 4 (4-6 oz) Bluehouse Salmon fillets | 1/4 tsp black pepper (optional) |
| 1 tbsp butter | 1-2 tbsp butter to baste |
| 1/2 tsp salt/ salt blend or desired amount | 1 tsp dijon mustard |
| 1/4 tsp garlic granules | 1 tsp maple |
| 1-2 tsp favorite blackening seasoning blend | |

- STEP 1** Season your fillets evenly and let rest for a few minutes, brushing the dijon and maple over top once seasonings have been added (closer to room temperature).
- STEP 2** Using a sauté pan, add butter and let heat. Add Bluehouse Salmon fillets flesh side down, skin side up once oil has heated.
- STEP 3** Let your fish cook for approximately 2-4 minutes and turn until fish becomes opaque, adding your butter to the pan halfway through and basting the fish with butter until it has reached an internal temperature of 145°. Serve with your favorite grilled & blackened shrimp as well as a grilled lime.



Bluehouse Salmon:

2 (4-6 oz) Bluehouse Salmon skinless fillets	salt, to taste
olive oil, to taste	pepper, to taste
	1 egg

Parmesan Crust:

1/4 cup panko breadcrumbs
1/4 cup grated parmesan cheese
1 tbsp fresh parsley, chopped
salt, to taste



KID-APPROVED

Parmesan Crusted Bluehouse Salmon

 30 min.  2 servings

If there is one thing that almost any kid will eat, it's cheese. Pair that with a perfect, crispy crust and our nutritious Bluehouse Salmon and you have a meal to make both you and your kiddos happy.

For busy parents, this recipe only takes a few minutes to prep and get into the oven. Sauté some veggies while the salmon is cooking, and you have a balanced meal for the whole family. Perfect for picky adults too.

Gluten- Free Swap

Want to cut down on the gluten in this dish? Make your own breadcrumbs by simply tossing torn up pieces of your favorite gluten-free bread in the blender or food processor. Spread the breadcrumbs out on a baking sheet, bake for 7 minutes, remove them to mix them up and place back in the oven for 7 more minutes.

- STEP 1** Preheat oven to 400°.
- STEP 2** In a medium bowl, mix the parmesan crust ingredients.
- STEP 3** In a separate bowl, whisk egg. Dredge the salmon in the egg, then parmesan.
- STEP 4** Lay the salmon on a baking sheet.
- STEP 5** Bake for 10-12 minutes. Enjoy!

**Salmon is
an excellent
source of
Omega-3 fatty
acid which are
both essential
for brain
growth and
brain function.**

Bluehouse Salmon Nuggets

 25 min.  3 servings

Children often have to be introduced to new food up to 15 times before they are comfortable adding it to their regular meals and we all know that this can be especially true with fish. We came up with this tasty Bluehouse Salmon Nuggets recipe to help introduce the recommended serving of fatty fish to your little ones, but we definitely won't stop you from enjoying this dish alongside them. This recipe is quick, easy, and healthier than traditional frozen fish sticks. Plus, salmon is a natural immune booster and heart-healthy.

Picky eaters (regardless of age) will love Bluehouse Salmon's mild, buttery flavor that is complemented with the crunchy texture of a nugget.



- 3 (4-6 oz) Bluehouse Salmon fillets
- 1/3 cup plain flour
- 2 eggs
- 1 cup panko breadcrumbs
- 1 tsp dried mixed herbs
- salt and pepper

STEP 1

Remove the skin from the salmon fillets and chop them into bite sized chunks.

STEP 2

In one bowl add the flour. In a second bowl crack in the eggs and whisk with a fork. In a third bowl add the panko breadcrumbs and mix in the dried herbs and salt and pepper to taste.

STEP 3

Make the nuggets by taking one chunk of salmon, coating it in the flour, dip it in the egg and then sprinkle on the breadcrumbs. Repeat until all the nuggets have been made.

STEP 4

Lightly grease a baking dish and place the nuggets onto it. Bake in the oven at 428° for 12-15 minutes until cooked through.

STEP 5

Serve immediately.

Bluehouse, green planet.



Teriyaki Bluehouse Salmon & Broccoli Bowls

 40 min.  4 servings

If you want to trick your little ones into thinking they are eating their favorite takeout item, this recipe is the perfect meal for you. Try a mix of sweet and savory with flavors of honey, teriyaki and sesame seed.

When paired with steamed broccoli and your favorite grain (ours is white rice) your meal will have the look and flavor of a restaurant ready menu item—minus the to-go containers!

Pro Parent Tip:

Patience is key when developing a healthy habit for life. Kids may need to try new foods **up to 15 times** before developing a taste for it!

- 4 (4-6 oz) Bluehouse Salmon fillets

1 cup white rice

1 tbsp cornstarch

1/4 cup reduced sodium soy sauce

1/4 cup brown sugar, packed
- 3 cloves garlic, minced

1 tbsp freshly grated ginger

2 tbsp honey

2-3 cups broccoli florets

- STEP 1

In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; set aside.
- STEP 2

In a small bowl, whisk together cornstarch and 1/4 cup water; set aside.
- STEP 3

In a small saucepan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey and 1 cup water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature.
- STEP 4

Preheat oven to 400°. Lightly coat an 8×8 baking dish with nonstick spray.
- STEP 5

Place salmon filets along with the soy sauce mixture into the prepared baking dish and bake until the fish flakes easily with a fork, about 14-15 minutes.
- STEP 6

Place broccoli florets into a steamer or colander set over a pan of boiling water. Cover and steam for 5 mins, or until cooked through and vibrant green.
- STEP 7

Serve salmon immediately with rice and broccoli.



QUICK & EASY

Lemon Garlic Bluehouse Salmon Kabobs



45 min.



4 servings

When most people think of grilling they think of burgers and hotdogs. It's time to elevate your barbeque game with Lemon Garlic Bluehouse Salmon Kabobs with the flavorful (easy to make) dill & garlic yogurt sauce. Our mouths are watering just thinking about it!

Not only are kabobs easy to make, quick to cook and flavorful, they are also extremely versatile. Once cooked they can be used on a salad, in a rice bowl or a million other ways. You don't even need utensils to eat them, it's truly an efficient recipe!

Dill & Garlic Yogurt Sauce:

1/2 cup greek yogurt

1/2 lemon

2 tsp mustard

1/2 tsp garlic granules

1 tbsp extra virgin olive oil

2 sprigs dill

1 small garlic clove (minced)

1/8 - 1/4 cup minced/diced cucumbers

STEP 1 Slice your cucumber into small diced pieces.

STEP 2 Next, mince and chop your dill & combine into the bowl with remaining ingredients. Stir to combine. Reserve until ready to use.

Bluehouse Salmon:

4 (4-6 oz) Bluehouse Salmon fillets

1 tbsp extra virgin olive oil

1 tbsp dijon mustard

1 tbsp honey

1/2 tsp salt/ salt blend or desired amount

1/4 tsp garlic granules

1 tsp Mediterranean or favorite lemon blend seasoning

1/4 tsp black pepper (optional)

1-2 tbsp butter (for basting)

1 lemon (sliced)

STEP 1 Combine all ingredients except the butter and Bluehouse Salmon into a bowl. Stir to combine.

STEP 2 Cut a lemon into thinly-sliced pieces and reserve until ready for kababs.

STEP 3 Soak wooden kebabs in water for 20-30 minutes.

STEP 4 Add 1 inch diced pieces of Bluehouse Salmon to your mixture and let sit for approximately 15 minutes.

STEP 5 Thread the Bluehouse Salmon and lemon and place them in a hot pan for approximately 3 minutes, turning once for a total of 6 minutes, or until the fish has reached an internal temperature of 145°.

Lemon Butter Herb Bluehouse Salmon

 45 min.  4 servings

For a flavor-packed recipe, infuse butter with lemon and your favorite herbs—we recommend pairing parsley for the perfect combination—and cook your Bluehouse Salmon in the mixture to mesh together with the complementary flavors.

This dish is perfect to pair with a leafy green like spinach or broccoli or to place on top of a plate of pasta. Serve with a lemon wedge for an extra hit of acidity.

Roasted Bluehouse Salmon:

- 4 (4-6 oz) Bluehouse Salmon fillets

2 tsp fresh rosemary, minced

4 tsp dijon mustard

4 tsp herb butter

2 tsp fresh thyme, minced

1 lemon, thinly sliced

*lemon wedges for serving
- salt and pepper

- STEP 1

Preheat oven to 475°.
- STEP 2

Place Bluehouse Salmon fillets skin-side down on a parchment or non-stick foil lined sheet pan. Season well with salt and pepper and spread 1 tsp dijon mustard over each fillet.
- STEP 3

Spread 1 tbsp herb butter over each fillet and then sprinkle with the minced herbs.
- STEP 4

Lay lemon slices over the fillets and roast in the oven for 10-12 minutes.
- STEP 5

Serve with or without skin and additional lemon wedges if desired.

Herb Butter:

- 4 oz unsalted butter, softened to room temperature (1 stick)

1 clove garlic, minced

1 tbsp fresh rosemary, minced

1 tbsp parsley, minced

1 tbsp thyme, minced

1 lemon, zested

1 tbsp lemon juice

- STEP 1

Mix all ingredients together until combined. Wrap and chill until ready to use. You'll have extra that can be stored in the refrigerator or freezer for another use.



Baked Bluehouse Salmon and Green Beans

 45 min.  4 servings

Baked doesn't mean boring. With just a pinch of salt and pepper and a quick bake, plus a sweet and tangy sauce, the natural flavors of Bluehouse Salmon shine through. You can also opt out the tang and allow for the mild salmon flavor to shine on its own.

With tender green beans as a sidekick to your main dish, this is a quick and easy meal that can be made in bulk for meal prep or a dinner party.

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|-------------------------------------|------------------------------------|
| 4 (4-6 oz) Bluehouse Salmon fillets | 1 tbsp olive oil |
| 1 tbsp butter | 1/2 tsp pepper |
| 2 tbsp brown sugar | 1/8 tsp salt |
| 2 tbsp reduced-sodium soy sauce | 1 pound fresh green beans, trimmed |
| 2 tbsp dijon mustard | |

STEP 1 Preheat oven to 425°. Place Bluehouse Salmon fillets in a 15x10x1 in. baking pan coated with cooking spray. In a small skillet, melt butter; stir in brown sugar, soy sauce, mustard, oil, pepper and salt. Brush half of the mixture over salmon.

STEP 2 Place green beans in a large bowl; drizzle with remaining brown sugar mixture and toss to coat. Arrange green beans around fillets. Roast until fish just begins to flake easily with a fork and green beans are crisp-tender, 14-16 minutes.





Mediterranean Bluehouse Salmon Salad



20 min.



2 servings

Cuisine inspired by the Mediterranean and using key ingredients for the region has been proven to improve heart-health so we're traveling across the globe with this perfect salmon salad. Fresh veggies pair perfectly with our Bluehouse Salmon for this nutritious, easy-to-make, recipe.

2 (4-6 oz) Bluehouse Salmon fillets
fine sea salt and freshly-cracked
black pepper

2 tbsp olive oil

2 large handfuls baby arugula

**1 avocado*, peeled, pitted and
chopped into bite-sized pieces**

**1 large red bell pepper, cored and
chopped into bite-sized pieces**

**1 small red onion, peeled and thinly
sliced half of an English cucumber,
chopped into
bite-sized pieces**

**olive oil and red wine vinegar, for
dressing**

**optional toppings: crumbled feta
cheese and dried oregano**

STEP 1

Gently pat the Bluehouse Salmon filets dry with paper towels, then season on all sides with salt and pepper.

STEP 2

Heat the olive oil in a large non-stick sauté pan. Place the salmon filets flesh-side down, pressing the flesh down a bit if needed so that the entire surface is touching the pan. Cook undisturbed for about 3-4 minutes, or until golden. Carefully flip and cook the other side for about 2-4 more minutes, until the salmon reaches your desired level of doneness and flakes easily with a fork. Transfer salmon to a separate plate and set aside.

STEP 3

In a large bowl, combine the cooked salmon, arugula, avocado, bell pepper, onion and cucumber. Drizzle with a few swirls of olive oil and red wine vinegar, plus a few pinches of dried oregano if desired, and toss until combined.

STEP 4

Taste and season with extra salt and pepper (plus any extra oil, vinegar and/or oregano), if needed.

STEP 5

Serve immediately, garnished with feta cheese and extra oregano if desired. Or transfer to a sealed container and refrigerate for up to 2 days.

Pro Tip:

Cooked Bluehouse Salmon is best stored in the refrigerator in a shallow, air tight container. Salmon can last up to 3 days in the fridge after being cooked.

To reheat it, use the oven on a low temperature to avoid any fishy smell that a microwave can cause.

Everything Bagel Bluehouse Salmon

 15 min.  4 servings

You’ve probably heard of the classic bagel and lox, but what about this low carb version of the well-seasoned staple? By taking your favorite bagel toppings and seasoning your Bluehouse Salmon with them you can quickly elevate a simple recipe. Oh yes, we’re excited just thinking about it.

All you have to do is sprinkle sesame seeds, poppy seeds, garlic or whatever other bagel toppings you want onto your Bluehouse Salmon and bake. So easy!

- 4 (4-6 oz) Bluehouse Salmon fillets

2 tbsp sesame seeds
(can be a mixture of white and black sesame seeds)

1 tbsp dried minced garlic flakes
- 1 tbsp dried minced onion flakes

1 tbsp poppy seeds

1/2 tbsp flaked salt

- STEP 1

Preheat oven to 450°. Place parchment paper or a silicone liner on a rimmed baking sheet
- STEP 2

Add the Bluehouse Salmon fillets to the baking sheet and top with a thick coating of everything bagel seasoning (about 2 tablespoons).
- STEP 3

If you are adding a veggie, place the vegetable on the baking sheet as well and sprinkle with salt.
- STEP 4

Bake at 450° for 12 minutes.
- STEP 5

Remove and enjoy hot or cold with your favorite sides.

Fun Fact

The true creator of the everything bagel is one of the most contested in culinary history. Many claim to have accidentally created the tasty combo including New Yorker Dave Gussin, who says he first created it in 1980 when he was sweeping seeds out of the oven and got the idea to combine them on top of a bagel.





MASTER CHEF

Tuscan Style Bluehouse Salmon

 45 min.  4 servings

This warm and flavorful Tuscan style Bluehouse Salmon will become your new favorite comfort food recipe—just like mama made it. Classic touches like tomato, garlic, and herb meld together for a perfect combination of delightful flavors with every bite.

The Tuscan sauce mixture together with warm salmon with broiled tomatoes will surely transport your taste buds through its iconic olive groves and vineyards. This two-part recipe will have you planning a trip abroad, well, we'll settle with scrolling through Instagram looking at picturesque landscapes for now.

Tuscan Sauce Mixture:

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|--|---|
| 1 tbsp salted butter | 1 tsp salt |
| 1 can canned fire roasted tomatoes | 1/2 cup sundried tomatoes (without oil) |
| 1/2 small yellow onion | 1/2 cup veggie broth |
| 1/4 cup roasted red peppers (in water) | 1/8 – 1/4 cup cream |
| 2 garlic cloves | 1/4 cup parsley |
| | Parmesan as desired |

- STEP 1** Add your cherry tomatoes, salt, pepper, olive oil, and yellow onion to a 400° oven and cook for 30 minutes.
- STEP 2** Next, add your garlic and veggie broth, allowing to simmer. Finish by slowly adding in your cream, stirring to combine. Top with parsley.

Bluehouse Salmon:

- | | |
|--|---------------------------------|
| 4 (4-6 oz) Bluehouse Salmon fillets | 1/4 tsp garlic granules |
| 1 tbsp butter | 1/4 tsp black pepper (optional) |
| 1/2 tsp salt/ salt blend or desired amount | 1-2 tbsp butter (for basting) |

- STEP 1** Season your fillets evenly and let rest for a few minutes (closer to room temperature).
- STEP 2** Using a sauté pan, place butter and fillets flesh side down, skin side up once oil has heated.
- STEP 2** Let your fish cook for approximately 2-4 minutes and turn until fish becomes opaque, adding your butter to the pan halfway through and basting the fish with butter until it has reached an internal temperature of 145°. Serve with your Tuscan-style sauce.

Show off your Tuscan Bluehouse Salmon on social and make sure to tag @Bluehousesalmon and #BluehouseSalmon!

Spinach & Artichoke Stuffed Bluehouse Salmon

 45 min.  2 servings

It might be hard to keep spinach and artichoke dip in your fridge, but this recipe is worth the self-control. Stuff your Bluehouse Salmon with the delicious dip and sear in a hot skillet with garlic butter.

Once it's done you'll have a warm and melty creation to share with friends and family, and you'll feel like a top chef while serving it!

- 2 (4-6 oz) Bluehouse Salmon fillets

2 tbsp olive oil (plus more)

1/2 cup prepared spinach artichoke dip (homemade or store-bought)

1/2 cup shredded mozzarella cheese
- 4 tbsp each: lemon juice and cold butter (cubed)

3 cloves garlic, minced

1/4 tsp red pepper flakes

- STEP 1

Make sure the Bluehouse Salmon fillets have sat at room temperature for 15-20 minutes before starting. Brush the salmon fillets with 1 tablespoon of olive oil and sprinkle with 1/4 teaspoon of salt and a big pinch of black pepper on each of the fillets (making sure to season both sides).
- STEP 2

Place the prepared spinach artichoke dip in a bowl and combine with the shredded mozzarella cheese, set aside.
- STEP 3

Using a small paring knife, cut a thin pocket in the thickest portion of the fillet, taking care not to go all the way through to the other side. The slit should be large enough to easily fit a tablespoon. Take the filling and fill each of the filets with roughly 2 tablespoons of the prepared dip. If it doesn't go in all the way, use the paring knife to help push it in without ripping through the other side.

STEP 3 In a small saucepan over medium heat, combine the lemon juice and minced garlic, allow the lemon juice to reduce to 2 tablespoons. Add in 1 tablespoon of butter, remove the pan from heat and swirl so the butter starts to melt. Place back on the heat for a few seconds, removed and continue to swirl until the butter completely melts. Repeat with the remaining butter, one tablespoon of butter at a time. When butter is completely melted, remove sauce from stove; set aside for later. You can also just place it on a simmer burner on the lowest setting if you'd like to keep it warm.

STEP 3 Heat a large nonstick skillet over medium-high heat. Add a swish of olive oil to the skillet. Gently lower the salmon filets into the skillet and let cook for 5-7 minutes on each side. It's difficult for me to tell you exact cooking time as this depends on the thickness of the fillet. The salmon should gently spring back when pressed with the index finger and be flakey. For best results, use a fish turner to flip the fish. Brush or pour the prepared lemon garlic sauce over the salmon and serve warm with roasted brussels sprouts, steamed asparagus, or broccoli!





**Bite into something
better.**

Bluehouse Salmon