



"Salmon is an important part of our culture and a large part of our identity as Klamath River people. We are taught to value, respect, and pray for its existence, as it provides for ours."

– Alme Allen (Karuk/Yurok)

SALMON

Traditionally many Northern California coastal tribes prepared salmon in a smokehouse or by cooking it over a fire on a long pointed stick.

California Native foods are still an important part of our diets. Fresh, canned and frozen salmon can all be prepared in several healthy ways. Many people grill, BBQ, bake, steam or poach their salmon.

Enjoy a complete meal by adding brown or wild rice, green beans, and grapes.



COST PER PLATE: \$2.48



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NUTRITION INFORMATION PER PLATE*

Calories 505 | Carbohydrate 55 g | Dietary Fiber 7 g | Protein 41 g | Total Fat 15 g | Saturated Fat 3 g
Trans Fat 0 g | Cholesterol 90 mg | Sodium 509 mg

* Cost and nutrition analysis includes: 1 cup green beans, 5.5 oz salmon fillet, 1/2 cup cooked wild rice, and 1 cup grapes