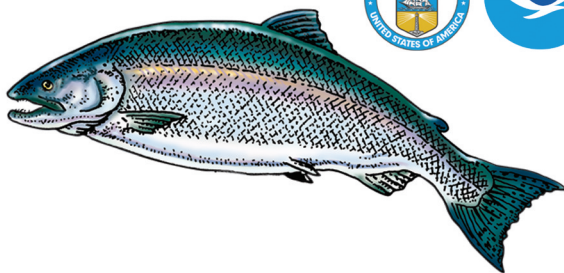


# Chinook Salmon

## **Fish Watch** *U.S. Seafood Facts*



*Chinook salmon stocks originate in rivers from central California to northwest Alaska. The status of Chinook populations varies, with some populations being healthy and robust while others are listed as endangered or threatened under the Endangered Species Act (ESA).*

*Only healthy stocks are commercially fished. Chinook salmon stocks in Alaska are generally healthy, and none are listed under the ESA.*

*Chinook salmon is low in sodium and is a good source of omega-3 fatty acids and a very good source of protein, niacin, vitamin B12, and selenium.*

*Chinook salmon is provided by both commercial fisheries and by aquaculture in the U.S.*

**Get the facts**  
***fishwatch.noaa.gov***

# Cornflake and Basil Crusted Salmon



## Ingredients:

4 (6 oz.) fillets salmon

2 cups cornflakes, roughly chopped

1/4 cup basil, finely chopped

Salt, to taste

4 tablespoons Hoisin sauce (Chinese barbecue sauce)

Preheat oven to 450 degrees. Combine crushed cornflakes and basil. Add salt to taste. Pan sear salmon in a hot saute pan, flesh side down. When golden brown, turn over and brush with hoisin sauce, lightly coating each side. Remove salmon from the saute pan and place on a baking sheet. Crust the top with the cornflake and basil mixture. Place in oven for 7-10 minutes or until the fish is done.

Make informed seafood buying choices.  
Go to [fishwatch.noaa.gov](http://fishwatch.noaa.gov) and get the facts.

