



FPI® PAN-SEAR SELECTS®  
MAPLE CEDAR SALMON



LEAN PROTEIN. GREAT TASTE. RESTAURANT QUALITY.



As part of the GO FOR GREEN "eat often" initiative, you should be consuming seafood twice a week!

  
HIGH LINER FOODS



# PAN-SEAR SELECTS® MAPLE CEDAR SALMON



World-class cuisine in minutes

FPI® Pan-Sear Selects® Maple Cedar Salmon Fillets offer you the perfect combination of premium quality, great taste and flexibility. These lightly seasoned, natural-cut Salmon fillets have a smoky-sweet flavor that pairs well with a variety of side dishes. Pan-Sear Selects® can be pan-seared, flat-grilled, deep-fried or baked, making them ideal for kitchens with equipment limitations. Add these world-class Salmon fillets to your DFAC, Officer's Clubs or Catering menus.

Product Code	Description	Brand	NAPA	Case Pack	Shelf Life
1059667	Pan-Sear Selects® Maple Cedar Salmon, 5 oz.	FPI®		1/10	18 months

## FPI® PAN-SEAR SELECTS® MAPLE CEDAR SALMON WITH BLACK BEAN CORN SALAD

### Ingredients:

4 FPI® Pan-Sear Selects® Maple Cedar Salmon Fillets	1 teaspoon ground cumin
1 red bell pepper, cored, seeded, and chopped	4 tablespoons olive oil
1 15-oz. can black beans, rinsed and drained	2 large garlic cloves, chopped
2 to 3 tablespoons fresh cilantro leaves, chopped	2 limes, juiced
1 medium red onion, chopped	3 tablespoons honey
½ cup chicken stock or broth	1 teaspoon chili powder
1 10-oz. box of frozen corn kernels, defrosted	6 cups baby spinach
1 teaspoon (or to taste) red pepper flakes	salt and freshly ground black pepper to taste

### Directions:

Preheat a medium skillet over medium heat with 2 tablespoons of olive oil. Add the onions, garlic, red pepper flakes, salt, and pepper. Cook, stirring occasionally, for 3 minutes. While the onions are cooking, preheat a medium nonstick skillet over medium high heat with the remaining olive oil. In a shallow dish, combine the juice of 1 lime, honey, chili powder, salt, and pepper. Add the salmon fillets to the lime-honey mixture and toss to coat thoroughly. Add the seasoned salmon to the hot skillet and cook until just cooked through, about 3 to 4 minutes per side. To the cooked onions, add the bell peppers and corn kernels and cook for 1 minute. Add the chicken stock and continue to cook for another 2 minutes. Add the black beans and cook until the beans are just heated through. Remove the skillet from the heat and add the juice of the second lime, the cilantro, and the spinach. Toss to wilt the spinach and adjust seasonings to taste. Serve salmon on top of the warm black bean and corn salad.

## COOKING INSTRUCTIONS

Pan Sauté/Flat Grill: 325°F (medium high heat) for 12 -14 minutes

flipping halfway through cooking

Deep Fry: 360°F for 5 ½ - 6 minutes

Convection Oven: 375°F for 9 -12 minutes on a lightly oiled sheet pan

Conventional Oven: 425°F for 16 -18 minutes on a lightly oiled sheet pan

## INGREDIENT STATEMENT

(FOR ITEM 1059667, NOT FOR PREPARED RECIPE)

Salmon, Modified Corn Starch, Vegetable Oil (Canola, Cottonseed, Soybean And/Or Sunflower), Water, Rice Flour, Contains 2% Or Less Of: Maltodextrin, Gum Arabic, Salt, Soy Lecithin, Sugar, Orange Juice Powder, Spices, Molasses, Brown Sugar, Natural Applewood Smoke Flavor, Natural Flavors, Natural Fire Roasted Cedar Plank Type Flavor [Maltodextrin, Natural Flavor (Contains Natural Smoke Flavor)], Chili Powder (Chili Pepper, Garlic Powder), Disodium Guanylate, Disodium Inosinate, Lemon Juice Powder (Corn Syrup Solids, Lemon Juice Solids), Maple Syrup, Natural And Artificial Maple Flavor [Flavoring, Corn Syrup, Maple Syrup, Caramel Color (Contains Sulfites)], Sodium Tripolyphosphate (To Retain Moisture). Contains: Fish (Salmon), Soy, Milk

For great-tasting, healthier seafood solutions that will keep your customers eating on site, visit [www.highlinerfs.com](http://www.highlinerfs.com) or call 1-800-374-4770.

GREAT  
FOR YOUR  
DFAC



Nutrition Facts for item 1059667,  
not for prepared recipe

### Nutrition Facts

Serving Size: 4.82 OZ

Household Serving Size: 1 piece

Number of Servings per Package: 33

Amount Per Serving

Calories 250 Calories from Fat: 110

	Per Serving	% Daily Value*
<b>Total Fat</b>	12 g	18%
Saturated Fat	2 g	10%
Trans Fat	0 g	
<b>Cholesterol</b>	50 mg	17%
<b>Sodium</b>	370 mg	15%
<b>Total Carbohydrate</b>	12 g	4%
Dietary Fiber	0 g	0%
Sugars	1 g	
<b>Protein</b>	23 g	

	Per Srv	Per Srv
<b>Vitamin A</b>	4%	<b>Vitamin C</b> 0%
<b>Calcium</b>	2%	<b>Iron</b> 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram	Carbohydrate	Protein
Fat 9	4	4

