

Chase the chills away with some salmon nachos

With the onset of cold weather across the country, choose meals with a warm touch to chase the chills away. Invite the flavour of the Southwest into your dining room, and team it with tasty and nutritious Pacific canned salmon. Corn, avocados, and hot and sweet peppers play a major role in South-

western cuisine, and seasoning relies on fresh cilantro. The combination of these ingredients, along with the vibrant, rosy colour of canned sock-eye salmon makes for beautiful dishes with all the jues of the desert. As a spicy appetizer on a cold night, Salmon Nachos (pictured) are ideal. Garnish the platter with red,

yellow or green-pepper cactus cutouts for a striking contrast against the subtle colours of the melted cheeses and salmon mixture.

Southwestern salmon nachos

These spicy morsels are ideal for quick convenient entertaining. Gar-

nish platter with a cactus cutout made from red, yellow, or green peppers.

- 1 can (7 1/2 oz/250 g) Pacific Salmon;
- 2 green onions, finely chopped;
- 1 tbsp (15 ml) lemon juice;
- 1/4 cup (50 ml) finely chopped red pepper;
- 1 jalapeno pepper, seeded and finely chopped;
- 1 tbsp (15 ml) finely chopped cilantro or parsley;
- Salt and freshly ground pepper to taste;
- 1/2 lb (250 g) Monterey Jack cheese;

- 1/2 lb (250 g) old cheddar cheese;
- 24 round nacho chips;
- 1/4 cup (50 ml) sour cream;

Directions: Drain and flake salmon. Toss together with green onions, lemon juice, red pepper, jalapeno, cilantro, and salt and pepper. Adjust seasoning to taste. Slice Monterey Jack and Cheddar cheese into 24 thin, square slices. Place nacho chips on baking tray. Top with a slice of each cheese. Bake in 350 F (180 C) oven for 5 - 10 minutes until just melted. To serve, top each nacho with salmon and a dollop of sour cream.

Makes 24 nachos.

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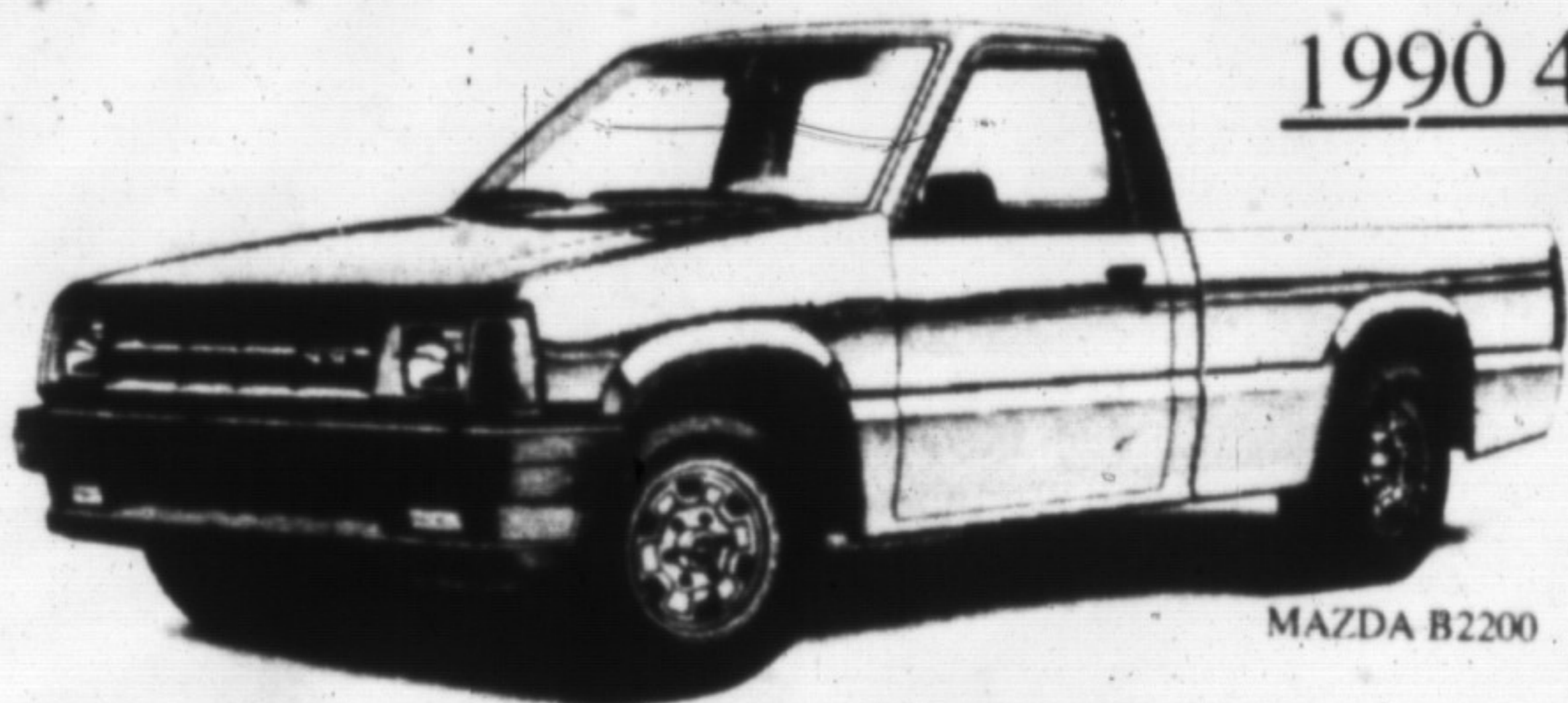
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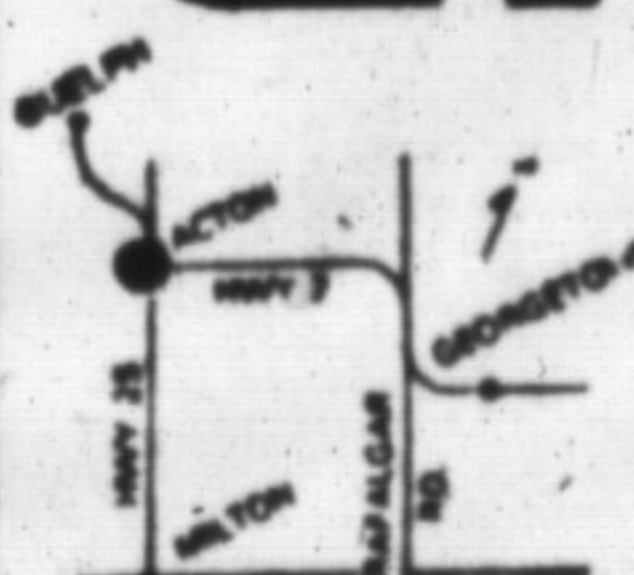
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