Finger food menu applications are growing in healthcare foodservice today. Chicken of the Sea® and Davidson’s Safest Choice® have partnered to deliver nutritious recipes that adapt to finger food menus.

Finger food menus have been broadly adapted throughout long-term care to address factors such as poor motor skills and reduced attention spans. According to the Alzheimer’s Association, “More than 50% of residents in assisted living and nursing homes have some form of dementia or cognitive impairment, including Alzheimer’s.” (Alzheimer’s Association. Dementia Care Practice Recommendations for Assisted Living Residencies and Nursing Homes.)

Each recipe in this collection features targeted benefits and affords flexibility and independence in dining. Certain residents are more likely to perform self-feeding as an Activity of Daily Living (ADL) if they can use their hands instead of requiring silverware. A finger food diet provides dignity. With careful menu planning, it can provide a high level of nutrition, thus contributing to resident well-being.

**RECIPES SELECTED FOR THIS COLLECTION HAVE BEEN SELECTED TO:**

- Feature foods in small pieces that are easy to pick up
- Offer sauces as a dip where applicable
- Adapt to eating without silverware

Because diet manual standards vary, we recommend that you review these recipes against your own diet manual.

*Davidson’s™ eggs provide protein, iron, vitamins A, D, and E, riboflavin, phosphorous, and choline to promote nutritional well-being. Chicken of the Sea® salmon and tuna products provide protein, B vitamins, vitamin D, phosphorous, and selenium, along with marine omega-3s. Together, they offer sound nutritional building blocks for your healthy menus.*
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www.safeeggsfoodservice.com

www.chickenofthesea.com/foodservice
Classic Tuna Deviled Eggs

INGREDIENTS

- 16 Davidson’s Safest Choice® pasteurized shell eggs, hard-boiled, sliced in half
- 12 oz Canned Chicken of the Sea® Chunk Light Tuna in Oil, drained
- 2 tbsp Minced fresh parsley
- 2 tbsp Mayonnaise
- 2 tbsp Yellow mustard or horseradish mustard
- 2 tbsp Sweet relish
- 2 tsp Sugar
- 2 tsp Apple cider vinegar
- 1/2 tsp Cayenne pepper

PREPARATION

Place egg yolks in mixing bowl; reserve whites. Lightly mash.

Stir in all other ingredients.

Portion 2 Tbsp of mixture into each hard-boiled egg white.

Ethnic Options

Add 2 Tbsp pesto for a refreshing Italian twist.

Or, add 1 Tbsp curry powder and 1/2 tsp ground cumin for an Indian twist.

NUTRITIONAL INFO

Calories 120 • Total Fat 7g • Protein 12g
Total Carb 2g • Sodium 200mg
Baking salmon patties in muffin tins makes for quick prep and a firm texture—perfect for finger foods.

Lemony Salmon Patties

INGREDIENTS

1 (40 oz) pouch Chicken of the Sea® Boneless Skinless Salmon
4 1/2 c Milk, 2%
6 c Soft breadcrumbs
6 Davidson’s Safest Choice® pasteurized shell eggs, beaten
1/4 c + 2 Tbsp Fresh parsley, chopped
2 Tbsp Onion, minced
1 Tbsp Worcestershire sauce
1 1/2 tsp Salt
3/4 tsp Pepper

PREPARATION

Combine salmon, milk, breadcrumbs, egg, parsley, onion, Worcestershire sauce, salt, and pepper. Mix well.

Spoon into eight greased muffin cups, using 1/4 cup in each. Bake at 350°F for 45 minutes or until browned.

Meanwhile, prepare the sauce by melting butter in a saucepan; stir in the flour to form a smooth paste.

Gradually stir in milk; bring to a boil over medium heat, stirring constantly. Cook for 2 minutes or until thickened.

Remove from heat; stir in lemon juice, salt and cayenne. Serve over patties.

LEMON SAUCE

3/4 c Butter
1/2 c All-purpose flour
4 1/2 c Milk, 2%
3/4 c Lemon juice
1 1/2 tsp Salt
1 tsp Cayenne pepper

NUTRITIONAL INFO

Calories 220 • Total Fat 11g • Protein 18g
Total Carb 13g • Sodium 640 mg
Open-Face Soft Scrambled Egg Sandwiches with Smoked Salmon Butter

INGREDIENTS

5 (3 oz) pouches Chicken of the Sea® Premium Wild-Caught Alaskan Smoked Salmon
1 1/8 c Unsalted butter (divided use)
6 Tbsp Fresh dill, minced (divided use)
4 tsp Fresh lemon juice
24 slices Whole grain bread, lightly toasted
32 Davidson’s Safest Choice® pasteurized shell eggs
2 tsp Freshly ground black pepper
Salt to taste (optional)
3 c Feta cheese, crumbled

PREPARATION

In food processor, combine salmon, 3/4 c butter, 4 Tbsp dill, and lemon juice. Process until smooth. Spread salmon butter over one side of each toasted bread slice, dividing equally.

Arrange bread, butter side up, on baking sheet and place in 200°F oven, leaving door ajar.

In medium bowl, beat eggs, pepper, and salt (if used). In large non-stick skillet, melt remaining butter over medium heat. Pour egg mixture into skillet. Just as eggs begin to set on bottom and sides, use spatula to gently fold cooked and uncooked portions together. Continue until eggs are combined but still runny. Add feta, stirring gently to incorporate. Remove from heat.

Spoon equal portions of egg mixture over salmon butter and sprinkle each with 1/4 tsp fresh dill. Serve immediately.

NUTRITIONAL INFO

Calories 329 • Total Fat 22g • Protein 19g
Total Carb 13g • Sodium 615 mg

Serving Tip

Try English muffins instead of toast for a change of pace.
Garlic, ginger, and chili lend an exciting twist to this inviting entree.

**Pan Grilled Sweet Chili & Basil Tuna Bites**

**INGREDIENTS**
- 2 Tbsp Vegetable or canola oil
- 2 Tbsp Minced garlic
- 3 Tbsp Fresh minced ginger
- 1 Tbsp Brown sugar
- 2 Tbsp Red chili powder
- 1/4 tsp Cayenne pepper
- 1/2 tsp Salt
- 1/2 tsp Ground black pepper
- 4 oz Basil stir-in paste
- 4 Davidson’s Safest Choice® pasteurized shell eggs
- 8 oz Cornbread, chopped
- 66.5 oz Canned Chicken of the Sea® Chunk Light Tuna in Water, drained and chopped
- 1/2 c Dried breadcrumbs

**PREPARATION**
Warm oil in a sauté pan over medium heat. Add garlic, ginger, and sugar. Sauté over medium heat until garlic is softened. Add the next five ingredients and continue to cook on medium heat, bringing to a low simmer for 1 minute, stirring constantly. Set aside and allow to cool.

In a mixing bowl, mash eggs and cornbread together. Add the spice paste and combine thoroughly. Add tuna and breadcrumbs and blend together.

Using a #60 scoop, form into round bites. Cook on a heated griddle treated with non-stick cooking spray until browned. Turn over to finish cooking through.

**NUTRITIONAL INFO**
- Calories 90 • Total Fat 2.5g • Protein 12g
- Total Carb 4g • Sodium 120mg
Serving Tip

Serve bites on small biscuits.
Here’s an easy make-ahead dish with a stunning presentation. It’s perfect for lunches or high-protein snacks.

**Roulade of Salmon**

**INGREDIENTS**

- 2 1/2 lb Colby cheese, shredded
- 1/2 c Fresh parsley, minced
- 1/2 c Fresh chives, minced
- 1 (40 oz) pouch Chicken of the Sea® boneless skinless salmon (divided use)
- 40 Davidson’s Safest Choice® pasteurized shell eggs
- 1 qt Milk, 2%
- 1 1/2 qt Seasoned panko breadcrumbs
- 4 tsp Smoked paprika
- 2 tsp Apple cider vinegar
- 1/2 tsp Cayenne pepper

**PREPARATION**

Line a 1/2 sheet tray with a full sheet tray sized piece of parchment paper. Lightly coat the parchment with non-stick cooking spray.

Mix cheese, parsley, and chives; set aside. Drain, chop, and divide salmon into 4 equal portions and set aside.

Whisk together eggs and milk, then blend in breadcrumbs. Pour 1 qt of mixture onto the lined sheet tray. Bake at 425°F until the eggs are set, approximately 12 minutes.

Remove from oven and immediately sprinkle with cheese and herb mixture. Then sprinkle 1 portion of salmon over cheese. Press lightly with the back of a spatula. Sprinkle with paprika.

Using the excess parchment paper, lift the product from the sheet tray and transfer to a cutting board.

Cut in half lengthwise, cutting through the parchment paper.

Roll up each half into a roulade, starting with the excess parchment paper to form a tight spiral. Leave roulade wrapped in the parchment paper, cover, and chill. Remove parchment paper, trim the ends, and cut into 16 slices. Repeat preparation for each tray.

**NUTRITIONAL INFO**

Calories 350 • Total Fat 19g
Protein 28g • Total Carb 14g
Sodium 480mg
Serve chilled, garnished with lemon wedges, and parsley sprigs.
Combine potatoes, eggs, salmon, 1 1/2 c Parmesan cheese, nutmeg, and chives; mix thoroughly.

Place pumpernickel rounds on parchment lined sheet trays. Using a pastry bag with a large star tip, pipe a swirl of the mixture onto each round. Lightly dust swirls with paprika and remaining Parmesan cheese.

Bake at 450°F until lightly browned and to an internal temp of 160°F.

**Salmon Duchess Potato Bites**

**INGREDIENTS**

- 5 1/2 lb Mashed potatoes, chilled
- 4 Davidson’s Safest Choice® pasteurized shell eggs
- 1 (40 oz) pouch Chicken of the Sea® boneless skinless salmon, chopped fine
- 2 c Grated Parmesan cheese (divided use)
- 2 Tbsp Ground nutmeg
- 1/2 c Fresh minced chives
- 1 Tbsp Spanish paprika
- 144 (1.5-inch) Round pumpernickel slices, lightly toasted

**PREPARATION**

**NUTRITIONAL INFO**

- Calories 220 • Total Fat 7g • Protein 14g
- Total Carb 25g • Sodium 590mg

**Serving Tips**

Top with sour cream and green onion.
Homemade Caesar salad dressing made with pasteurized shell eggs is a perfect complement to wholesome tuna for this classic handheld treat.

### Tuna Caesar Wrap

#### Safe Caesar Salad Dressing

- 3 Davidson’s Safest Choice® pasteurized shell eggs
- 2 Tbsp Garlic, chopped
- 3 Anchovy fillets (or 3/4 tsp anchovy paste)
- 1/2 tsp Salt
- 6 Tbsp Fresh squeezed lemon juice
- 1/2 tsp Worcestershire sauce
- 1 1/8 c Extra virgin olive oil
- 6 Tbsp Grated Parmesan cheese

#### Preparation

In blender or food processor, combine eggs, garlic, anchovies, salt, lemon juice, and Worcestershire sauce until blended.

With motor running slowly, drizzle in olive oil. When dressing is well combined and creamy, stir in Parmesan cheese.

Toss romaine with enough dressing to coat.

Add tuna, croutons, and Parmesan cheese; toss to combine.

Spoon salad mixture onto each tortilla near one edge.

Roll up tortillas beginning with edge nearest salad.

Seal end with a small dollop of additional Caesar dressing.

Cut tortillas in half to serve.

#### Ingredients

- 24 c Romaine, torn into bite-size pieces
- 1 (43 oz) pouch Chicken of the Sea® Premium White Albacore Tuna
- 3 c Caesar salad croutons
- 1 1/2 c Grated Parmesan cheese
- 24 Flour tortillas (9 to 10 inch)

#### Nutritional Info

- Calories 430 • Total Fat 19g • Protein 22g
- Total Carb 43g • Sodium 950mg
Salmon Quiche

Prick pie crust with fork and bake at 425°F for 7 minutes or until lightly browned. Drain salmon and reserve liquid. Chop salmon and toss with breadcrumbs and Parmesan.

Heat olive oil in sauté pan over medium heat. Add peppers and onions. Cook until onions are translucent. Add Old Bay® Seasoning and hot sauce; toss with 2 Tbsp reserved salmon liquid. Simmer until liquid is reduced by 90%.

Blend eggs and milk. Add cheese and parsley to the egg mixture. Blend in cooked vegetables and salmon/breadcrumb mixture. Pour into pie crust and place in 350°F oven for 35 minutes or until done.

INGREDIENTS

1 (9-inch) Prepared deep pie crust
10 oz Chicken of the Sea® Pink Salmon, Skinless & Boneless
1 Tbsp Dried breadcrumbs, finely ground
1 Tbsp Parmesan cheese, grated
2 tsp Olive oil
2/3 c Fresh red peppers, diced
1/3 c Fresh green onion, thin-sliced
1/2 tsp Old Bay® Seasoning
1/4 tsp Hot sauce
6 Davidson’s Safest Choice® pasteurized shell eggs
3/4 c Milk, 2%
1 c Sharp cheddar cheese, shredded
1 Tbsp Fresh parsley, minced

PREPARATION

NUTRITIONAL INFO

Calories 300 • Total Fat 19g • Protein 17g
Total Carb 14g • Sodium 420mg
Grilled cheese meets French toast in this exciting creation.

Salmon Sandwich Sticks

Beat together eggs and milk to make an egg wash.

Place 1 Tbsp of butter on heated griddle. Dip one side of a slice of bread in egg wash and place on griddle. Top with a slice of cheese, 1.5 oz salmon, and another slice of cheese. Dip one side of a second slice of bread in egg wash and place on top.

Allow to cook until browned, then flip. Continue to cook until both sides are browned and sandwich is heated through.

Transfer to cutting board and let rest for 1 min. Cut sandwich in half lengthwise then, cut each half in half again resulting in four sandwich sticks.

INGREDIENTS

- 12 Davidson’s Safest Choice® pasteurized shell eggs
- 1 1/2 c Whole milk
- 1 1/2 c Clarified butter
- 48 slices White sandwich bread
- 48 oz Dilled havarti cheese in 1-oz slices
- 1, (40 oz) pouch Chicken of the Sea® boneless skinless salmon, drained, crumbled

PREPARATION

Serving Tips

- Stack/arrange sandwich sticks on serving plate with dipping sauce such as Mornay sauce, Hollandaise sauce, tartar sauce, cocktail sauce, or sour cream.

NUTRITIONAL INFO

- Calories 420 • Total Fat 29g • Protein 24g
- Total Carb 18g • Sodium 680mg
Tuna is a healthy alternative to red meat for Italian style meatballs.

## Tuna Meatballs

**INGREDIENTS**

- 1/4 c Dried oregano leaves
- 1/4 c Dried basil leaves
- 2 Tbsp Ground nutmeg
- 2 Tbsp Ground black pepper
- 4 1/2 c Breadcrumbs
- 1 3/4 c Fresh white sandwich bread, diced
- 3 c Parmesan cheese, grated
- 3/4 c Fresh parsley, cleaned and minced
- 1/4 c Garlic, minced
- 12 Davidson’s Safest Choice® pasteurized shell eggs
- 1 (66 oz) can Chicken of the Sea® Chunk Light Tuna in water, do not drain
- 1 1/2 qts Low sodium tomato sauce, hot
- 12 oz Part skim mozzarella cheese, shredded
- 24 Fresh parsley sprigs for garnish

**PREPARATION**

Combine oregano, basil, nutmeg, pepper, breadcrumbs, bread, cheese, minced parsley, garlic, eggs, and tuna; mix until well blended. Using a #30 scoop, portion the meatballs and roll between the palms of your gloved hands to form round, compact meatballs.

Bake meatballs at 350°F for 20 minutes or until browned and reaching an internal temperature of 160°F.

Top meatballs with shredded mozzarella. Place plate under broiler or salamander to melt and allow cheese to brown. Garnish with fresh parsley sprigs.

Portion 1/4 c tomato sauce in a dipping cup and serve with 6 meatballs.

**NUTRITIONAL INFO**

Calories 330 • Total Fat 11g • Protein 29g
Total Carb 26g • Sodium 680mg
Individual phyllo shells are the perfect foundation for this elegant finger food.

**Tuna Tarts Florentine**

**INGREDIENTS**

- 4 oz Butter
- 2 Tbsp Minced garlic
- 3/4 c Minced yellow onion
- 3/4 c Minced celery
- 3/4 c Minced green pepper
- 1 lb White mushrooms, trimmed, chopped fine
- 1/2 c Flour
- 1 c Water
- 1 oz Clam base
- 4 Davidson’s Safest Choice® pasteurized shell eggs, beaten
- 1 1/2 c Parmesan cheese, grated
- 1 1/2 c Dried breadcrumbs
- 1 c Fresh spinach, chopped fine
- 66.5 oz Canned Chicken of the Sea® Chunk Light Tuna in Water, drained, chopped fine
- 180 Mini phyllo shells

**PREPARATION**

Melt butter then add the next 5 ingredients and sauté until onions are translucent. Reduce to low heat, blend in flour, and cook for 3 minutes, stirring often.

Boil water and combine with clam base to make stock. Blend stock into vegetable and flour mixture. Mix well and let simmer for 2 min., stirring often. Allow mixture to cool. Add the next 5 ingredients and mix thoroughly.

Arrange phyllo shells on baking pans. Place a #60 scoop of the mixture into each shell. Bake at 350°F to an internal temperature of 160°F.

**NUTRITIONAL INFO**

Calories 130 • Total Fat 5g • Protein 10g
Total Carb 9g • Sodium 320 mg

**Serving Tip**

Serve with a cup of dipping sauce such as Mornay sauce, Hollandaise sauce, tartar sauce, cocktail sauce, or sour cream.
Free Continuing Education

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Learn more about protein nutrition and egg chemistry in the kitchen in the free online continuing education course, Protein Nutrition and Egg Chemistry.
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