

# GET CREATIVE WITH HEALTHY, DELICIOUS AND EFFICIENT SEAFOOD MEALS RIGHT FROM YOUR KITCHEN PANTRY

*Tinned Fish Pantry Cookbook* includes more than 100 irresistible canned fish and seafood recipes. Enjoy salmon, tuna and crab, and then expand your repertoire to include anchovies, clams and sardines. All the classic dishes are here alongside modern favorites. Ease into a lazy Sunday morning with a delicious Salmon, Spinach and Sweet Potato Frittata, escape lunchtime repetition with a divine Tuna Cobb Salad and then round out the day with heavenly (and easy!) Clam Carbonara. Discover a whole new world of flavorful, healthy and convenient ways to prepare fish and seafood.

**SUSAN SAMPSON** was born in Budapest, grew up in Toronto's "Goulash Archipelago" and worked for three decades as a newspaper journalist. In the *Toronto Star's* Test Kitchen, she stirred the pot as an editor, columnist, news and feature writer, recipe tester and product reviewer. She was given a Cordon d'Or – Gold Ribbon International Culinary Academy Award for *12,167 Kitchen And Cooking Secrets* and is also the author of *The Complete Leafy Greens Cookbook*. Susan lives in Toronto.

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# TINNED FISH PANTRY COOKBOOK

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*Recipes  
from Tuna  
& Salmon  
to Crab &  
More*