

The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

Salmon spend only a short time in the river. They are nutritious and good for your heart and brain.



FUN TO CATCH
TOXIC TO EAT

THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON
El único pescado del río Duwamish que es seguro para comer es el salmón

Public Health
Seattle & King County



For more information:

www.kingcounty.gov/duwamish-fishing | 206-263-0906 | grupoasesorlatino@gmail.com



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.



GAL
GRUPO
ASESOR
LATINO

Salmon Adobado

INGREDIENTS (for 8

servings)

2 Tomatoes

2 Guajillos

1 Ancho chili

2 Tree chili (Chile de Arbol)

1/4 onion

1 garlic clove

2 tablespoons olive oil

1/2 tablespoon oregano

1/4 ground cloves

1 tablespoon white vinegar

Salt & pepper to your liking

Mango Pico ingredients

5 Tomatoes

2 Limes

2 Mangos

½ Oregano

1 Serrano peppers

1 bunch cilantro

½ Red onion

1 tablespoon Olive oil

Salt & pepper to taste

Salmon instructions

Season with salt and pepper to your liking
Toast chiles then put to soak in a bowl of water

Cut tomatoes in 4 and toast

Once roasted blend all ingredients to create a marinade

Pour onto salmon

Allow to marinate for 2 hours in refrigerator

After 2 hours fry on a pan with a drizzle of olive oil

Allow to cook for 8-10 mins on each side on low heat.

Once cooked serve with your option of sides

Some options are white rice w/ vegetables and salad

Salsa instructions

Dice all ingredients, put together into a bowl

Squeeze lime juice into salsa mix

Add rest of ingredients listed

Add salt and pepper to taste

Mix together

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Photos by: Public Health & GAL

