

# Salmon Loaf

**Recipe Type:** Main Dish

**Serves:** 8

**Prep Time:** 15 minutes

**Cooking Time:** 30 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

**What you need:**

- 1 can salmon (about 15 oz)
- 4 medium slices of bread
- 1 egg
- 2/3 C nonfat dry milk
- 1/4 medium red onion, chopped
- 1/4 t Salt
- 1/4 t Pepper
- Cooking spray



This is a picture of 1 serving.

**What to do:**

1. Wash your hands.
2. Preheat the oven to 325°F.
3. Tear the bread into small pieces.
4. Drain the salmon. Save 1/4 C of the juice and place in a large bowl.
5. Add the egg, dry milk, onion, salt, pepper, and bread into the bowl with the salmon juice. Mix well.
6. Mash the salmon with a spoon.
7. Add the salmon into the bowl. Mix well.
8. Grease a loaf pan.
9. Put the mix into the loaf pan.
10. Bake for 30 minutes.
11. Cut into 8 slices.
12. Serve warm and enjoy!

<b>Nutrition Facts</b>	
Serving Size 1 slice	
Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 35
<b>%Daily Value*</b>	
<b>Total Fat</b> 4 g	<b>6%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat .02 g	
<b>Cholesterol</b> 55 mg	<b>18%</b>
<b>Sodium</b> 400 mg	<b>7%</b>
<b>Total Carbohydrate</b> 11 g	<b>4%</b>
Dietary Fiber 1 g	<b>4%</b>
Sugars 6 g	
<b>Protein</b> 16 g	
Vitamin D 2%	
Calcium 25%	

\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 2.5

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