

Salmon Loaf

Preheat oven to 350° F.

1. In a medium bowl, add:

skim milk	$\frac{1}{4}$ cup
(or combine 4 teaspoons skim milk powder and enough water to make $\frac{1}{4}$ cup milk)	
salmon, drained	2 cans (184 grams)
celery, minced	1 stalk
onion, minced	$\frac{1}{2}$ small
vinegar	1 teaspoon
egg, beaten	1
bread, cut into small cubes	2 slices
salt and pepper to taste	

Mix well.

2. Place ingredients into a greased loaf pan.
3. Place in 350° F oven for 35 minutes. Cool.

Serves 4

Source: Quick Healthy Recipes, 1993

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca

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