Salmon Loaf

Ingredients:

- Non stick cooking spray
- 15 ounces salmon, canned
- 16 low sodium whole-wheat crackers
- 1 onion
- 1 stalk celery
- 2 eggs, beaten
- 1 tablespoon lemon juice
- 1 teaspoon dried parsley
- 1 cup skim milk

Equipment:

- Can Opener
- Measuring Cups
- Measuring Spoons
- 2 small bowls
- Mixing bowl
- 5 x 9 loaf pan
- Re-sealable plastic bag

Number of Servings: 8
Prep Time: 10 minutes
Total Time: 1 hour

Directions

1. Preheat oven to 325ºF. Spray a 5 x 9 loaf pan with non stick cooking spray.
2. Open salmon and drain. Remove skin if desired. Mash bones with fork in medium mixing bowl.
3. Put crackers in a plastic bag and crush. Add to bowl.
4. Finely chop the onion and add to bowl.
5. Wash and chop celery finely. Add to bowl.
6. Crack one egg into a small bowl and check for shells and freshness. If it is OK, add to a separate bowl. Repeat for second egg. Use a fork and beat eggs until yolk and whites are mixed together. Add to other ingredients.
7. Add lemon juice and parsley, and mix together with mixing spoon.
8. Add enough milk so that the mixture is moist but not runny. It should look like meat loaf. Shape in a loaf and place in a 9x5 inch loaf pan and bake for 45 minutes.