

## 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 325°F. 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.

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### Nutrition Facts

Serving Size: 1 slice	
Servings: 8	
Amount Per Serving	
<b>Calories 173</b>	Calories from Fat 63
%Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	8%
<b>Cholesterol 83mg</b>	<b>28%</b>
<b>Sodium 368mg</b>	<b>15%</b>
<b>Potassium 323mg</b>	<b>9%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber trace	1%
<b>Protein 15g</b>	<b>29%</b>
Vitamin A 3%	Vitamin C 4%
Iron 7%	Calcium 17%
*Percent Daily Values are based on a 2,000 calorie diet.	

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