

Salmon Mini-Loaves: 40 Minute Meal



INGREDIENTS:

1 egg OR 2 egg whites, slightly beaten
2 Tablespoons fat-free milk
1 teaspoon dried minced onion
1/2 teaspoon dill weed
1/4 teaspoon lemon-pepper seasoning
1 cup soft multi-grain or whole wheat bread crumbs (about 2 slices bread)
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
1/2 cup favorite salsa, catsup, or Ranch dressing

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DIRECTIONS:

Preheat oven to 350°F. Spray-coat a shallow baking dish. In mixing bowl, blend egg, milk, dried onion, dill weed, and lemon-pepper. Blend in bread crumbs, then salmon. Divide salmon mixture into 4 pieces. Shape each piece into a 4 x 2-inch mini-loaf. Place loaves in dish and lightly spray tops with cooking spray to aid browning. Bake for 25 minutes. Serve warm loaves with 2 tablespoons favorite sauce for dipping or topping.
Makes 4 servings (4 loaves).

NUTRITIONAL INFORMATION:

Nutrients per serving: 254.3 calories, 10.4g total fat, 2.9g saturated fat, 36% calories from fat, 119.3mg cholesterol, 25.7g protein, 16.1g carbohydrate, .7g fiber, 878.4mg sodium, 290.8mg calcium and 1.8g omega-3 fatty acids.