



Mini Salmon Loaves

Try these salmon loaves on a bun, over a bed of lettuce, with eggs or a side of hash browns, with a dipping sauce on the side, or just by themselves! This dish is inspired by a traditional Alaskan recipe.

CACFP CREDITING INFORMATION

1 loaf (about 1 ½ oz) provides 1 ½ oz equivalent meat and ¼ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 350 °F.
Alaska salmon, skinless, boneless, canned, drained, flaked	1 lb 15¼ oz	3¾ cup 2½ Tbsp	3 lb 14½ oz	7¾ cup 1 Tbsp	2 Place salmon in a large bowl.
Egg, large, slightly beaten		4 each		8 each	3 Break apart chunks of salmon using a fork.
Milk, fat-free (skim)		¼ cup		½ cup	4 Add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
Onion, dried, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dill weed, dried		2 tsp		1 Tbsp 1 tsp	

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Lemon pepper seasoning		2 tsp		1 Tbsp 1 tsp	
Whole-wheat bread crumbs	3 1/8 oz	3/4 cup (about 3 slices of bread)	6 1/4 oz	1 1/2 cup (about 6 slices of bread)	
					5 Divide salmon mixture into 25 or 50 portions (about 1 3/4 oz each), use a #24 scoop.
					6 Shape each portion into a miniature loaf, about 1" x 2" x 1/2" and place on a baking sheet.
					7 Bake for 15 minutes. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.
					8 Serve one loaf (about 1 1/2 oz cooked). Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For one loaf (about 1 ½ oz cooked).

NUTRIENTS	AMOUNT
Calories	82
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	51 mg
Sodium	197 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	27 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

NOTES

Optional
Serve with a lemon mayonnaise.

YIELD/VOLUME

25 Servings	50 Servings
2 lb 5½ oz 25 loaves	4 lb 11 oz 50 loaves