



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.

Makes: 6 servings **Prep time:** 20 minutes
Cook time: 15 minutes

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INGREDIENTS

- 1 cup** Alaska salmon, skinless, boneless, canned, drained, flaked
- 1** egg, large, slightly beaten
- 1 tablespoon** milk, fat-free (skim)
- 1 teaspoon** onion, dried, minced
- ½ teaspoon** dill weed, dried
- ½ teaspoon** lemon pepper seasoning
- 3 tablespoons** whole-wheat bread crumbs (about $\frac{3}{4}$ slice of bread)

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DIRECTIONS

- 1.** Preheat oven to 350 °F.
- 2.** Place salmon in a medium bowl.
- 3.** Break apart chunks of salmon using a fork.
- 4.** Add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
- 5.** Divide salmon mixture into 6 even portions (about 1 $\frac{3}{4}$ oz each).
- 6.** Shape each portion into a miniature loaf, about 1" x 2" x $\frac{1}{2}$ ", and place on a baking sheet.
- 7.** Bake for 15 minutes. Heat to 155 °F or higher for at least 15 seconds.
- 8.** Serve one loaf (about 1 $\frac{1}{2}$ oz cooked).

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1 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	1 g
Vitamin D	N/A
Calcium	27 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

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

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CHEF TIPS

Optional
Serve with a lemon mayonnaise.