

## Mini salmon loaves



Recipe credit

[Child Nutrition Recipe Box](#)

## **About this recipe**

Serves

6

Serving size

1 loaf

Time to make

15 minutes preparation; 10 minutes cook time

Special criteria

[CACFP Credit](#)

[Food shelf friendly](#)

# Ingredients

- 1 cup canned salmon
- 1 egg, slightly beaten
- 1 tablespoon milk
- 1 teaspoon dried onion, minced
- 3 tablespoons whole-wheat bread
- Crumbs (about  $\frac{3}{4}$  slice bread)
- Optional Ingredients:
- $\frac{1}{2}$  teaspoon dill weed, dried
- $\frac{1}{2}$  teaspoon lemon pepper

# Directions

1. Preheat oven to 350 degrees.
2. Place salmon in a medium bowl.
3. Mash salmon with a fork to mix in skin and bones and to break salmon into smaller pieces.
4. Add egg, milk, onion, bread crumbs and any optional seasonings. Mix well.
5. Divide salmon mixture into 6 even portions (about 1  $\frac{3}{4}$  oz each).
6. Shape into a small loaf about 1" x 2" x  $\frac{1}{2}$ ", and place on a baking sheet.
7. Bake for 15 minutes. Heat to 160 degrees.

# Tips and variations

- Form into patties and cook in a skillet or electric frying pan.
- Serve on a bun for a delicious fish sandwich.

## CACFP Crediting Information:

1 loaf = 1  $\frac{1}{2}$  oz meat and  $\frac{1}{4}$  oz equivalent grains

# Recipe video

## Nutritional info

Calories

82

Total fat

3 g

Saturated fat

1 g

Cholesterol

51 mg

Sodium

67 mg

Total carbohydrates

3 g

Dietary fiber

0 g

Protein

1 g

Total sugar

1 g

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