

# Salmon Recipes

## Salmon Melts Serves 4.

1 can (15 1/2 oz.) salmon, drained  
1/4 cup chopped green onions  
1/4 cup chopped celery  
1/4 cup low-fat or lite mayonnaise  
1/2 teaspoon black pepper

1/2 teaspoon dill weed  
1/4 teaspoon garlic powder  
4 hamburger buns, sliced in half  
1 cup grated cheese

1. In a medium bowl, combine first seven ingredients and mix well with a fork.
2. Place rolls, sliced sides facing down, on a broiler pan and broil until lightly browned and crispy. Remove from oven.
3. Turn rolls over and spread 2 to 3 tablespoons salmon mixture on each half.
4. Top each with 2 tablespoons grated cheese.
5. Return to oven and broil until the cheese melts on top, and serve right away.

**NUTRITION FACTS (per serving) - Calories 390 ~ fat 17 g ~ calories from fat 150 ~ sodium 1150 mg ~ total carbohydrate 25 g ~ fiber 2 g**

## Macaroni Salmon Bake Serves 5.

1 cup uncooked macaroni  
2/3 cup nonfat dry milk + 1/2 cup water  
1 cup processed cheese, cubed  
1 can (10 3/4oz.) condensed cream of mushroom soup  
2/3 cup nonfat dry milk + 1/2 cup water  
1 cup cooked green peas

1/2 can (6-7 oz.) salmon, drained  
1/4 cup onion, finely chopped  
1/2 cup cheddar cheese, shredded  
1/2 cup cracker crumbs  
2 Tbsp. butter/margarine, melted

1. Cook macaroni according to package directions. Drain and set aside.
2. Mix milk and cheese and cook over low heat, stirring constantly until cheese melts.
3. Pour cheese sauce over cooked macaroni.
4. Add soup, milk, peas, salmon, onion and cheddar cheese to macaroni and cheese. Stir gently.
5. Pour into greased 1-1/2-qt. baking dish.
6. Mix together melted butter and cracker crumbs.
7. Sprinkle buttered crumbs on top of casserole.
8. Bake uncovered at 375°F for 30 minutes or until heated thoroughly.

**NUTRITION FACTS (per serving) - Calories 440 ~ fat 23 g ~ calories from fat 210 ~ sodium 1230 mg ~ total carbohydrate 32 g ~ fiber 3 g**



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