



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

1 teaspoon dill weed, fresh, chopped
(or ½ tsp dill weed, dried)

½ teaspoon lemon pepper seasoning

3 tablespoons whole-wheat bread crumbs
(about ¾ 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 1¾ oz each).
6. Shape each portion into a miniature loaf, about 1" x 2" x ½", and place on a baking sheet.
7. Bake for 15 minutes. Heat to 160 °F or higher for at least 15 seconds.
8. Serve one loaf (about 1½ 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
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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	11g
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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
meat and ¼ oz equivalent grains.

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CHEF TIPS

Optional
Serve with a lemon mayonnaise.