

Corn and Salmon Loaf

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 can (16 ounce) salmon,
drained
1 can (15 ounce) whole
corn
pinch salt
pinch pepper
7 soda biscuits, finely
crushed
3 eggs
1/4 cup milk
paprika*

Preheat the oven to 350 degrees.

In a bowl, mix the salmon and corn. Season with salt pepper and paprika.

Add the finely crushed crackers and the well-beaten eggs. Add the milk to moisten. Mix well.

Place the mixture into a well-buttered loaf pan.

Bake for about one hour or until the loaf is firm.

Per Serving (excluding unknown items): 358 Calories; 20g Fat (51.7% calories from fat); 38g Protein; 4g Carbohydrate; 0g Dietary Fiber; 688mg Cholesterol; 297mg Sodium. Exchanges: 5 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.