

Salmon and Spinach au Gratin

Jean Tiedeman - Rancho Murieta, CA
Treasure Classics - National LP Gas Association - 1985

Servings: 6

*2 packages (10 ounce ea)
frozen spinach, cooked and
well drained
1 can (16 ounce) salmon,
drained and flaked
1 cup shredded cheddar
cheese
1 can (10-3/4 ounce) cream
of celery soup
1/2 cup milk
1/4 cup sour cream
2 tablespoons parsley,
chopped*

Preparation Time: 10 minutes**Bake Time: 30 minutes**

Cook the spinach according to package directions. Spread evenly in the bottom of a 1-1/2 quart oblong glass baking dish. Top with the salmon, which has been drained and flaked.

In a bowl, combine 1/2 cup of cheese, soup, milk and sour cream. Pour over the salmon. Cover with aluminum foil.

Bake for 20 minutes in a 350 degree oven.

Top with parsley and the remaining cheese.

Bake for 10 minutes longer.

(To prepare in a microwave: Cover the casserole with plastic wrap. Set on HIGH for 10 to 12 minutes or until hot, turning the dish occasionally. Sprinkle with the remaining cheese and parsley. Let stand, covered, for 2 minutes.)

Per Serving (excluding unknown items): 153 Calories; 11g Fat (60.4% calories from fat); 10g Protein; 5g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 339mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.