

# Salmon Loaf II

*Pearle Malone*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 6**

*1 can (16 ounce) red  
salmon, drained  
6 egg yolks  
1 cup cornflake crumbs  
1 small onion, grated  
1 teaspoon salt  
pepper (to taste)  
6 egg whites, stiffly beaten*

Preheat the oven to 350 degrees.

In a bowl, combine the salmon, egg yolks, cornflake crumbs, onion, salt and pepper. Mix well.

Fold in the stiffly beaten egg whites. Spoon into an eight-inch baking pan.

Bake for 20 minutes.

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Per Serving (excluding unknown items): 153 Calories; 6g Fat (33.9% calories from fat); 10g Protein; 15g Carbohydrate; 1g Dietary Fiber; 220mg Cholesterol; 583mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.