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# Salmon Loaf with Cucumber Sauce

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 6

## CUCUMBER SAUCE

1 cup sour cream  
1/4 cup mayonnaise  
1/4 cup shredded cucumber  
salt

## SALMON LOAF

3 tablespoons butter  
3 tablespoons flour  
1 cup milk  
1/2 teaspoon salt  
1 1/2 cans (16 ounce ea) salmon  
1/2 cup mayonnaise  
1 egg, beaten  
1 cup dry bread crumbs  
1/2 cup celery, chopped  
1/2 cup onion, chopped  
1/4 cup green pepper, chopped  
1 tablespoon lemon juice  
1 teaspoon salt  
Cucumber Sauce

Make the Cucumber Sauce: In a bowl, combine the sour cream, mayonnaise, cucumber and salt to taste. Mix well. Chill.

In a saucepan, melt the butter. Blend in the flour. Add the milk and salt. Stir until thick.

Drain and flake the salmon. Add the salmon and other ingredients to the cream mixture. Shape into a loaf and place in a baking pan.

Bake at 350 degrees for one hour.

Serve with the Cucumber Sauce on the side.

## Seafood

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*Per Serving (excluding unknown items): 487 Calories; 41g Fat (73.7% calories from fat); 11g Protein; 22g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 979mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 5 Fat.*