

Salmon Loaf with Sauce

Tom Mullen

Servings: 4

1 can (15 oz) salmon, drained, boned and skinned

2 eggs, lightly beaten

1 1/2 cups soft bread crumbs

1/2 cup evaporated milk

1/2 cup celery, diced

1/4 teaspoon salt

1 hard boiled egg, chopped

2 tablespoons onion, chopped

3 teaspoons lemon juice

1 tablespoon Worcestershire sauce

1/4 teaspoon hot sauce

1/4 cup diced pimientos

SAUCE

1 can (10 3/4 oz) cream of celery soup

2 tablespoons fresh lemon juice

2 tablespoons sour cream

1/2 teaspoon dill weed

1/8 teaspoon hot sauce

Preheat oven to 400 degrees.

In a medium mixing bowl, combine salmon, beaten eggs, bread crumbs, milk, celery, salt, onion, hard boiled egg, Worcestershire, hot sauce, lemon juice and pimiento; mix thoroughly.

Spray a loaf pan with cooking spray. Place mixture in loaf pan; shape into loaf.

Bake, uncovered, for 35 minutes.

Meanwhile, mix sauce ingredients together in a two-cup microwavable bowl. Microwave on high for 3 minutes, stirring every minute. Serve warm over the salmon loaf.

Per Serving (excluding unknown items): 198 Calories; 9g Fat (41.7% calories from fat); 12g Protein; 17g Carbohydrate; 1g Dietary Fiber; 133mg Cholesterol; 610mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.