Salmon Patties

1 can salmon*
1/2 cup breadcrumbs
1 egg
1/3 cup onion, diced
1/4 cup reconstituted non-fat dry milk (or skim milk)*
dash of salt and pepper (optional)
Non-stick spray

Directions
Reconstitute non-fat dry milk by mixing 1/4 cup water with 4 1/2 teaspoons non-fat dry milk powder in a small bowl. Add salmon (with bones), breadcrumbs, egg, onion, salt and pepper to the milk mixture. Mix well with spoon. Divide mixture in half. Make each half into 5 salmon patties. Spray frying pan with non-stick spray. Cook patties on medium heat, flipping once. Cook until the patties are crisp and brown.

Makes 10 patties

Nutritional Information: Amount per serving (2 patties):
Calories 182; Total Fat 7 g; 35% of total calories from fat;
Protein 20 g; Sodium 575mg; Calcium 22%; Iron 9%;
Vitamin D 133%

Menu:

- Salmon Patties
- Corn & Rice Medley
- Asparagus Spears
- Applesauce

Did You Know?

- Two salmon patties provide about 3 ounces of salmon from the MEAT & BEANS GROUP of MyPyramid.

- Salmon is a good source of Omega-3 fat. Omega-3 fat may help prevent blocked blood vessels and heart attacks.

- The small bones found in canned salmon are soft enough to eat. In fact, if eaten, they provide a good source of calcium in your diet. Salmon is also an excellent source of vitamin D. Two salmon patties provide about 20% of the calcium, and all of the vitamin D that you need for an entire day!
**Corn & Rice Medley**

- 1/2 cup rice (dry)*
- 1 cup water
- 1 tablespoon butter or margarine
- 1 can (15 oz) corn*
- 1/4 cup onion, chopped finely
- 1/2 teaspoon salt (optional)
- ground black pepper to taste
- 1 teaspoon paprika (optional)

Directions:
Combine 1/2 cup rice with 1 cup water in a medium saucepan. Bring to boil, stir once or twice with a fork, lower heat. Cover tightly and simmer 20-30 minutes without removing cover or stirring rice, until liquid is absorbed and rice is tender. Fluff with fork and serve. Meanwhile, melt butter or margarine in a large skillet over medium heat. Stir in corn, onion, salt, pepper, and paprika. Cook for 4 to 6 minutes or until tender, stirring occasionally. In a serving bowl, combine corn mixture with cooked rice. Serve and enjoy.

Makes 8 (1/2 cup) servings
Nutritional Information: Amount per serving (1/2 cup):
Calories 100; Total Fat 2 g; 17% of total calories from fat; Protein 2 g; Sodium 131 mg; Vitamin A 3%; Vitamin C 8%; Calcium 1%; Iron 5%.

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**Asparagus Spears**

Open canned asparagus and drain. Place asparagus spears in a microwavable safe dish and heat for 2 minutes. Or, heat asparagus on medium heat in a small amount of water. Serve soon after heating.

**Cook's Note:** Add flavor to canned asparagus by seasoning with herbs and spices including red pepper flakes, thyme, basil, garlic powder, or lemon juice.

**Nutrition Facts!**
Asparagus is an excellent source of folate and Vitamin C. Asparagus is also fat and cholesterol free.

1/2 cup serving provides 1 serving from the VEGETABLE GROUP of MyPyramid.

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**Applesauce**

Spoon 1/2 cup applesauce into 4 small dishes. Sprinkle with cinnamon for added spice! Enjoy!

1/2 cup serving provides 1 serving from the FRUIT GROUP of MyPyramid.