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%

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 2g; Sodium 131mg; Vitamin A 3%; Vitamin C 8%; Calcium 1%; Iron 5%.

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.

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.

A Quick & Easy Meal!

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