Salmon Patties
1 (14 oz) 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.

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.
Nutrition Facts

Servings Per Recipe 5 (10 patties)
Amount Per Serving (2 patties)
Calories 182
Total Fat 7g
*Vitamin A 3%
*Calcium 22%

35% of total calories from fat
Sodium 575mg
*Vitamin C 1%
*Iron 9%

* Percentage Daily Values

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Released by Kelly Cordray, MS, RD, LD, EFNEP Nutrition Specialist
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Nutrition Facts

Servings Per Recipe 8
Amount Per Serving (1/2 cup)
Calories 100
Total Fat 2g
*Vitamin A 3%
*Calcium 1%

17% of total calories from fat
Sodium 131mg
*Vitamin C 8%
*Iron 5%

* Percentage Daily Values

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