**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 8**

<table>
<thead>
<tr>
<th>Amount Per Serving (1/2 cup)</th>
<th>Percentage Daily Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 100</td>
<td>17% of total calories from fat</td>
</tr>
<tr>
<td>Total Fat 2g</td>
<td>Sodium 131mg</td>
</tr>
<tr>
<td>*Vitamin A 3%</td>
<td>*Vitamin C 8%</td>
</tr>
<tr>
<td>*Calcium 1%</td>
<td>*Iron 5%</td>
</tr>
</tbody>
</table>

* Percentage Daily Values

---

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability. AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION

Issued in furtherance of Cooperative Extension work, Act of May 8 and June 30, 1914, The University College of Agriculture and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

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

October 2004

Publication Number FDNS-NE-2059

---

### Nutrition Facts

**Servings Per Recipe 5 (10 patties)**

<table>
<thead>
<tr>
<th>Amount Per Serving (2 patties)</th>
<th>Percentage Daily Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 182</td>
<td>35% of total calories from fat</td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td>Sodium 575mg</td>
</tr>
<tr>
<td>*Vitamin A 3%</td>
<td>*Vitamin C 1%</td>
</tr>
<tr>
<td>*Calcium 22%</td>
<td>*Iron 9%</td>
</tr>
</tbody>
</table>

* Percentage Daily Values

---

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability. AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION

Issued in furtherance of Cooperative Extension work, Act of May 8 and June 30, 1914, The University College of Agriculture and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

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

October 2004

Publication Number FDNS-NE-2059