

Creamed Salmon and Peas

Helen P West

The Pennsylvania State Grange Cookbook (1992)

Servings: 5

1 can (16 ounce) salmon

1 can (16 ounce) peas

1/4 cup butter

1/4 cup flour

1/2 teaspoon salt

1/8 teaspoon pepper

1 cup milk

Drain the salmon, reserving the liquid. Flake the salmon, discarding the bones.

Drain the peas, reserving the liquid.

In a saucepan over medium-low heat, melt the butter. Stir in the flour, salt and pepper. Add the milk gradually, stirring constantly. Add the reserved liquids. Cook until thickened, stirring constantly.

Stir in the salmon and peas. Cook until heated through.

Serve on toast.

Per Serving (excluding unknown items): 177 Calories; 12g Fat (58.4% calories from fat); 7g Protein; 11g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 344mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.