

Salmon Casserole

Maude Smith - Magnolia, NC

Treasure Classics - National LP Gas Association - 1985

Servings: 6

1/2 stick butter or margarine

1 medium onion, chopped

*1 medium green pepper,
chopped*

*1 can (15-1/2 ounce) pink
salmon*

*1 can (10-3/4 ounce) cream
of celery soup*

1 cup cracker crumbs

salt (to taste)

pepper (to taste)

Preparation Time: 10 minutes**Bake Time: 20 minutes**

In a saucepan, melt the butter over low heat.

Add the onion and pepper. Cook until tender.

Pour the salmon, with its liquid, into a mixing bowl. Remove the bones and flake the salmon.

Add the soup, onions, green pepper, cracker crumbs, salt and pepper. Mix well.

Pour the mixture into a shallow 7x11-inch baking dish that has been sprayed with nonstick spray.

Bake in a 350 degree oven for 20 minutes.

(It is better to cook a salmon casserole in a shallow dish. Produces better texture.)

Per Serving (excluding unknown items): 112 Calories; 9g Fat (72.3% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 247mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.