

Salmon Loaf

Fran Phillips

Local 1155 Women's Committee Cookbook, Alabama

*1 can (15 ounce) salmon
1/2 green bell pepper
1/2 medium onion, chopped
1 can (5 ounce) evaporated
milk
2 eggs, beaten
2 tablespoons cornmeal
1 tablespoon butter, melted
1 cup bread crumbs
salt (to taste)
pepper (to taste)*

Preheat the oven to 350 degrees.

In a large bowl, combine the salmon, green pepper, onion, milk, eggs, cornmeal, butter, bread crumbs, salt and pepper. Mix well. Spoon into a greased baking dish.

Bake for 35 to 45 minutes or until golden brown.

Slice to serve.

Per Serving (excluding unknown items): 1214 Calories; 50g Fat (37.1% calories from fat); 63g Protein; 126g Carbohydrate; 6g Dietary Fiber; 573mg Cholesterol; 1515mg Sodium. Exchanges: 6 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 2 Non-Fat Milk; 7 1/2 Fat.