

Recipe for: Canned Salmon Loaf

Ingredients:

1 medium onion, chopped
2 cloves garlic, chopped
3 stalks celery, chopped
1 carrot, chopped thin
1 large can salmon (drain salty water)
(Optional: you may add other cooked vegetables like
peas, parsnips, etc.)
1 egg
2 rice cakes or 1 cup puffed rice
Olive oil

Preparation:

In a large cast iron pan, sauté onions under medium flame.
Stir, add chopped garlic, celery, and carrots and cook for a few minutes.
Add other vegetables and mix. Remove from heat.
Add salmon and mix. Break up rice cakes and add to salmon mixture.
Break egg into mixture and mix.
Place mixture in greased loaf pan and bake in 350 degrees oven for 30
minutes.