## A Kansas SNAP-Ed EZ DOES it Recipe

## Salmon Casserole

Servings: 6

## Ingredients:

can pink salmon (drained, about 14 ounces)
cup macaroni (uncooked)
cup water
tablespoons margarine
small onion (chopped)
cup evaporated milk
tablespoons flour
cup reduced-fat cheddar cheese (shredded)
cup frozen peas (thawed)



## Directions:

- **1.** Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
- 2. Stir in milk and flour. Cover again and microwave 3 minutes.
- 3. Stir in salmon and onion. Cover again and microwave 2 minutes.
- 4. Stir in cheese and peas. Cover again and microwave 2 minutes.

*Nutrition Facts:* Each one cup serving provides 370 Calories, 12g Total Fat, 4g Saturated Fat, 460mg Sodium, 36g Total Carbohydrate, 1g Dietary Fiber, 27g Protein





This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.