

# A Kansas SNAP-Ed *EZ Does it* Recipe

## Salmon Casserole



Servings: 6

### *Ingredients:*

- 1 can pink salmon (drained, about 14 ounces)
- 1 cup macaroni (uncooked)
- 1 cup water
- 2 tablespoons margarine
- 1 small onion (chopped)
- 2/3 cup evaporated milk
- 2 tablespoons flour
- 1 cup reduced-fat cheddar cheese (shredded)
- 1 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