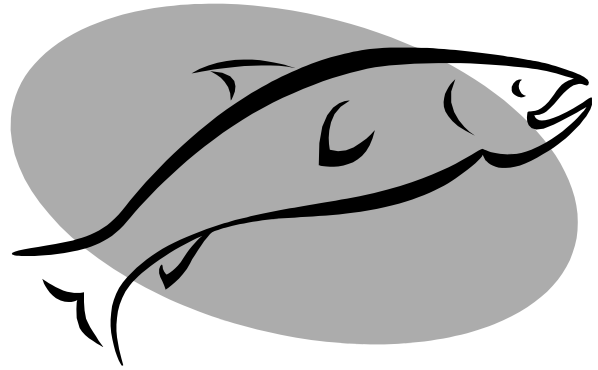


Salmon Casserole (Microwavable)

Serves 4

- 1 cup macaroni, uncooked
- 1 cup hot water
- ¼ teaspoon salt
- 2 tablespoons margarine
- 1 small onion, chopped
- ⅔ cup evaporated milk
- 2 tablespoons flour
- 1 can salmon, drained
- 1 cup American cheese, shredded
- 1 can peas, drained



1. Mix macaroni, water, onion, margarine and salt in a microwavable dish. Cover with vented cover and microwave for three minutes.
2. Add milk and flour and stir. Cover and microwave for three minutes longer.
3. Add cheese and salmon. Stir and microwave for three minutes.
4. Remove and stir in green peas and microwave for 1 minute longer.
5. Stir and serve.

Recipe from csfpcentral.org

Nutrition information: calories 452, total fat 18g, saturated fat 9g, sodium 643mg, carbohydrate 31g, dietary fiber 4g, protein 38g.

Healthy Tip

The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

