

Recipe

County information



Prep Time:	5 minutes
Cook Time:	10 minutes
Serving Size:	8 servings

Nutrients Per Serving: Calories 120 , Protein 11 g, Carbohydrate 5 g, Dietary Fiber 0 g, Total Fat 7 g, Saturated Fat 2 g, Sodium 300 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Salmon Sticks

INGREDIENTS

1 can (14.75 ounces) pink salmon, drained
1/2 cup crushed saltine crackers (about 16 crackers)
1 egg
1 Tablespoon vegetable oil
Nonstick cooking spray

DIRECTIONS

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shaped into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

NOTES:

Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked. Pink salmon is "swimming" with omega-3 fatty acids -- a "good" thing for your heart. So it's a good idea to get hooked on salmon.

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.

Source:

What's Cooking? USDA Mixing Bowl

For other healthy, low-cost recipes, visit
www.whatscooking.fns.usda.gov



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