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)
⅔ 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