

Salmon Casserole

Preparation time	30 minutes
Cooking time	35 minutes
Servings	4
Cost per serving	\$2.44
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, 8-inch square baking dish, parchment paper (or oil), large pot, can opener, large bowl, wooden spoon, colander, potato masher (or fork)



Ingredients



4-5 medium size **potatoes**, peeled and sliced (about 1 L or 4 cups)



3 cans (3 x 213 g) **pink salmon**, drained

YOU CAN USE LEFTOVER COOKED SALMON INSTEAD OF CANNED SALMON.



1 large or 2 small **yellow onions**, peeled and chopped

YOU CAN ALSO CHOOSE TO USE ANOTHER GREEN VEGETABLE, CUT INTO SMALL PIECES (GREEN BEANS, BROCCOLI OR GREEN PEPPERS, FOR EXAMPLE).



250 ml (1 cup) **frozen green peas**



30 ml (2 tbsp) **milk**



1 **egg**



5 ml (1 tsp) **dried parsley**



Salt and pepper to taste

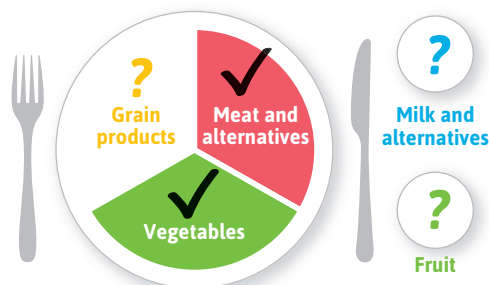


30 ml (2 tbsp) **breadcrumbs**



2.5 ml (½ tsp) **paprika**

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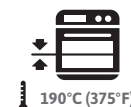

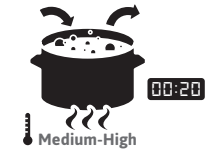










Balanced plate

Serve with:

- ? A grain product (a slice of bread, for example)
- ? A fruit
- ? A glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 190°C (375°F). Oil an 8-inch square baking dish or cover with parchment paper.	 190°C (375°F) 
2	Place potatoes in a large pot of salted water . Bring to a boil over medium-high heat. Cook until tender (about 20 minutes).	 Medium-High 00:20
3	Meanwhile, pour the contents of the cans of salmon into a large bowl. Gently remove the skins with your fingers. Do not remove the bones — simply crush them between your fingers.	
4	Add the onions, green peas, milk, egg, parsley, salt and pepper .	
5	Drain the potatoes and return them to the pot. Remove from heat and mash with a potato masher or a fork, until desired consistency. Tip: Save the cooking water for your soups.	 
6	Add the mashed potatoes to the salmon mixture and mix.	
7	Pour the preparation into the baking dish and level the surface with a fork.	
8	Garnish with breadcrumbs and paprika . Cook until the top has browned (about 35 minutes). Variation: For extra flavour add some lemon zest and juice.	  00:35

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition