

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



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



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**

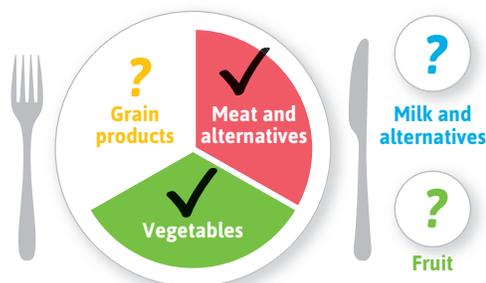


2.5 ml (½ tsp) **paprika**

YOU CAN USE LEFTOVER COOKED SALMON INSTEAD OF CANNED SALMON.

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

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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.	 
2	Place potatoes in a large pot of salted water . Bring to a boil over medium-high heat. Cook until tender (about 20 minutes).	
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.	 

My rating: ★ ★ ★

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