



# Mini Salmon Loaves

Salmon is a popular fish that can be found in North America, including the Alaskan waterways. It can be prepared in many easy and delicious ways. These Alaskan Salmon Loaves can be enjoyed at breakfast, lunch, or dinner. Try them on a bun, over a bed of lettuce, with eggs or a side of hash browns, with a dipping sauce on the side, or just by themselves! Although this particular dish is inspired by a traditional Alaskan recipe, salmon cakes and other fish cakes are also popular in many cultures around the world.

### CACFP CREDITING INFORMATION

1 loaf (about 1½ oz) provides 1½ oz meat and ¼ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Preheat oven to 350 °F.
Alaska salmon, skinless, boneless, canned, drained, flaked	1 lb 15¼ oz	3¾ cup 2½ Tbsp	3 lb 14½ oz	7¾ cup 1 Tbsp	<b>2</b> Place salmon in a large bowl. Break apart chunks of salmon using a fork.
Egg, large, slightly beaten		4 each		8 each	<b>3</b> Add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
Milk, fat-free (skim)		¼ cup		½ cup	
Onion, dried, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dill weed, dried		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lemon pepper seasoning		2 tsp		1 Tbsp 1 tsp	
Whole-wheat bread crumbs	3 1/8 oz	3/4 cup (about 3 slices of bread)	6 1/4 oz	1 1/2 cup (about 6 slices of bread)	
					<b>4</b> Divide salmon mixture into 25 or 50 portions (about 1 3/4 oz each), use a #24 scoop.
					<b>5</b> Shape each portion into a mini-loaf, about 1" x 2" x 1/2" and place on a baking sheet. Bake for 15 minutes.  Critical Control Point: Heat to 160 °F or higher for at least 15 seconds.
					<b>6</b> Serve one loaf (about 1 1/2 oz cooked).  Critical Control Point: Hold at 140 °F or higher.



## NUTRITION INFORMATION

For one loaf (about 1½ oz cooked).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>82</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	51 mg
<b>Sodium</b>	<b>197 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
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Vitamin D	N/A
Calcium	27 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

## NOTES

**Optional**  
Serve with a lemon mayonnaise.

## YIELD/VOLUME

25 Servings	50 Servings
2 lb 5½ oz 25 loaves	4 lb 11 oz 50 loaves