

## Main Dish Recipes

# Fish



## Salmon Burgers

Makes about 6 patties

2 cans (7 oz)	salmon or tuna	2 - 213 mL
1	egg, beaten	1
1 cup	bread crumbs	250 mL
½ cup	chopped onion	125 mL
½ cup	chopped celery	125 mL
2 to 3 cloves	garlic, minced	2 to 3
2 Tbsp	lemon juice	30 mL
	vegetable oil spray	
2 tsp	dried dill	10 mL
	pepper to taste	

---

### How to Make:

1. Spray a large skillet with vegetable oil spray and cook onions, celery, and garlic until tender.
2. Drain salmon.
3. Combine salmon, bread crumbs, and onion mixture.
4. Add egg, lemon juice, dill and a sprinkle of pepper.
5. Shape into patties.
6. Fry patties in oiled skillet until brown.

#### Note:

- If you do not have vegetable oil spray, use 1 to 2 Tbsp (15 to 30 mL) of oil instead.
- You can add ¼ cup (50 mL) chopped green pepper with the onions.
- You can add 1 Tbsp (15mL) chopped dill pickles to the salmon mixture.
- You can add ¼ cup (50 mL) chopped fresh parsley.
- You can use rolled oats instead of bread crumbs.

## Salmon Macaroni Supper

**Serves 4**

1 ½ cups	uncooked macaroni	375 mL
1 can (7 oz)	salmon, drained	213 mL
3 cups	milk	750 mL
¼ cup	chopped celery	50 mL
¼ cup	chopped red or green pepper	50 mL
1 Tbsp	butter or margarine	15 mL
	salt and pepper to taste	

---

### How to Make:

1. Heat oven to 350 °F (180 ° C).
2. Mix macaroni, salmon, celery and red or green pepper in a greased 2 to 3 qt (2 to 3 L) casserole dish.
3. Pour in milk, sprinkle with salt and pepper and dot with butter.
4. Cover and bake at 350° F (180° C) for one hour. Stir occasionally while baking and remove the cover for the last 15 minutes.

#### Note:

- You can add or use other vegetables for the celery and pepper, such as onions or peas.
- You can also add ¼ tsp (1 mL) each of herbs such as dill, tarragon or basil.

## Salmon Pie

**Serves 4**

1 cup	water	250 mL
½ tsp	salt	2 mL
½ cup	long grain white rice	125 mL
1 Tbsp	oil or margarine	15 mL
1 cup	chopped celery	250 mL
¼ cup	finely chopped onion	50 mL
2	eggs	2
½ cup	shredded cheddar cheese	125 mL
1 can (7 oz)	salmon, drained	213 mL
½ cup	skim milk	125 mL
1 pinch each	curry powder and cinnamon	1

---

### How to Make:

1. Heat oven to 375 °F (190 ° C).

#### **Crust:**

2. Combine water, salt and rice in a small pot. Cover and heat to boiling.
3. Turn down the heat to low and cook until all the water is gone (about 15 minutes). Turn off the heat and let rice sit covered for 15 minutes.
4. Grease a pie plate with 1 tsp (5 mL) of oil or margarine and place the remaining oil or margarine in the skillet.
5. Press rice into bottom and sides of pie plate to form a crust.

#### **Filling:**

6. In remaining oil, cook celery and onion in skillet about 4 minutes until tender. Add the can of salmon and stir together. Add the cheese and spread this mixture over the rice.
7. In a small bowl, beat together egg, milk, curry powder and cinnamon.
8. Pour over the mixture in the pie plate.
9. Bake at 375 °F (190 ° C) for 30 to 35 min. or until the pie is firm. Cool 5 minutes and cut into wedges to serve.

## Tuna Casserole

**Serves 4**

1 can (7 oz)	tuna	213 mL
1 can (10 oz)	Cream of Mushroom soup	284 mL
1 cup	milk	250 mL
1 tsp	dry mustard	5 mL
1 cup	uncooked macaroni	250 mL
	salt and pepper to taste	
½ cup	chopped onion	125 mL
1 cup	vegetables such as corn or beans	250 mL

---

### How to Make:

1. Heat oven to 350° F (180° C).
2. Cook the macaroni in a pot of boiling water until just tender. Drain.
3. Add the rest of the ingredients and mix together well.
4. Put into a greased 2 quart (2L) casserole dish.
5. Bake uncovered at 350° F (180° C) for 25 to 30 minutes.

#### Note:

- Use 1 Tbsp (15 mL) wet mustard if you don't have dry mustard.
- You can add 1 can 10 oz (284mL) sliced mushrooms, drained.
- In the last 5 minutes you can sprinkle on the top:
  - 2 Tbsp (30 mL) dry breadcrumbs mixed with 1 Tbsp (15 mL) melted margarine
  - OR 1 cup (250 mL) grated cheese.