

Ingredients:

1 can pink salmon (16 ounces, drained)
16 saltine crackers (crushed, about 1/2 cup)
1 large or 2 medium eggs
1 tablespoon vegetable oil
non-stick cooking spray

Hooked on Salmon Sticks

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Directions:

1. Wash your hands with soap and warm water.
2. In a large mixing bowl, combine salmon, cracker crumbs and egg.
3. Divide mixture into 8 balls and shaped into sticks about 4 inches long.
4. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
5. Flip over and cook about 3 minutes or until golden brown.

Nutrition Facts (Per Serving)

Calories,112; Carbohydrate, 6 g; Protein, 11 g; Total Fat,5 g; Saturated Fat, 1 g; Trans Fat,0 g; Cholesterol, 50 mg; Fiber,3 g; Total Sugars, 3 g; Sodium, 262 mg; Calcium, 106 mg; Folate, 22 mcg; Iron, 1 mg; Percent Calories from Fat, 40%.

Makes 8 servings, 1 salmon stick each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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