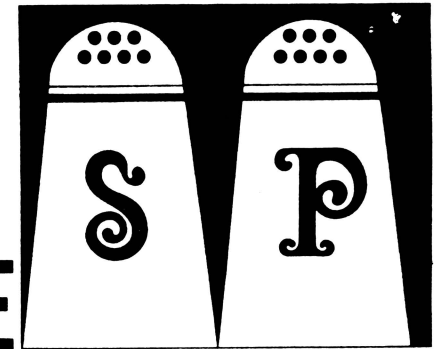


MENU

- * SALMONBURGERS
- BUTTERED BROCCOLI
- GRAPEFRUIT AND LETTUCE SALAD
- ROLLS
- BUTTER OR MARGARINE
- RICE PUDDING
- MILK




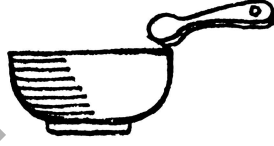













USDA Consumer & Marketing Service
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SMART SHOPPER RECIPE

SALMONBURGERS

<p>1</p>  <p>Salmon 1 pound can</p>	 <p>1/3 CUP LIQUID</p>	 <p>DRAIN SALMON LIQUID INTO MEASURING CUP. PUT IN BIG BOWL.</p>	<p>6</p>  <p>ADD TO BOWL. MIX WELL.</p>
<p>2</p>  <p>Salmon 1 pound can</p>	<p>PUT SALMON IN BOWL. BREAK SALMON INTO PIECES</p>		<p>7</p>  <p>SHAPE INTO 6 PATTIES</p>
<p>3</p>  <p>2 EGGS, BEATEN</p>	 <p>1/3 CUP DRY BREAD CRUMBS</p>	 <p>mustard 1 TEASPOON</p>	<p>8</p>  <p>1/2 CUP DRY BREAD CRUMBS</p>
<p>4</p>  <p>PUT ALL THESE IN THE BIG BOWL.</p>	<p>9</p>  <p>ROLL PATTIES IN CRUMBS</p>		
<p>5</p>  <p>1/4 CUP MELTED FAT OR OIL</p>	 <p>1/2 CUP CHOPPED ONION</p>	<p>10</p>  <p>fat</p> <p>FRY IN HOT FAT OVER MEDIUM HEAT FOR 3 TO 4 MINUTES, UNTIL BROWN ON BOTTOM. TURN AND BROWN ON THE OTHER SIDE. MAKES 6 SALMONBURGERS</p>	

