

Here's what's cookin'

Salmon Loaf

Serves           

Recipe from the kitchen of Mom Lyons

1 can 15 oz salmon - flaked

4 eggs - (I use egg beaters)

$\frac{1}{4}$  c butter - melted

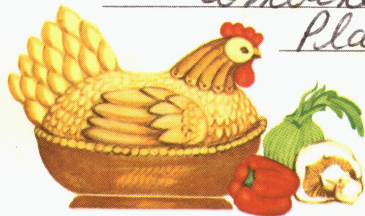
$\frac{3}{4}$  c bread crumbs

Combine and put in loaf pan.

Place loaf pan in larger pan  
filled with hot water.

Bake  $350^{\circ}$  for 1 hr.

Serve with sauce-over



2 T butter  
2 T flour  
pinch salt & pepper  
1 c milk

Melt butter in saucepan add  
flour, salt & pepper & stir until  
bubbly. Gradually stir in milk  
and keep stirring until thick &  
smooth. Boil 1 min.