

**Take Salmon Can**  
(From page 9)

1 can (8 oz) whole-kernel corn  
1 cup sliced oika (optional)  
1/2 teaspoon salt  
1/2 teaspoon thyme  
Dash pepper  
1 whole bay leaf  
Drain salmon, reserving liquid  
Break salmon into large pieces  
Dissolve buillon cube in boiling water  
Cook onion, green pepper, and garlic in butter until tender  
Combine all ingredients and cook for 15 min or until vegetables are tender  
Remove bay leaf  
Serves 6

**SALMON CASSEROLE**

1 pound can salmon  
1 cup uncooked elbow macaroni  
1 tablespoon chopped green pepper  
1 small clove garlic, finely chopped  
1/2 cup butter or other fat, melted

1/2 cup flour  
2 teaspoons powdered mustard  
1/4 teaspoon pepper  
2 cups salmon liquid and milk  
1 cup grated cheese  
1 cup cooked lima beans  
Drain salmon, reserving liquid  
Flake salmon  
Cook macaroni as directed on the package  
Drain  
Cook green pepper and garlic in butter until tender  
Blend in flour and seasonings  
Add salmon liquid gradually and cook until thick, stirring constantly  
Add cheese and continue cooking until cheese melts, stirring constantly  
Arrange half of the macaroni, lima beans, salmon and sauce in layers in a well-greased, 2-quart casserole  
Repeat layers  
Bake in a moderate oven, 350 degrees, for 25 to 30 minutes  
Serves 6.

**SALMONBURGER**

1 pound can salmon  
1/2 cup chopped onion  
1/4 cup butter or other fat, melted

melted  
1/2 cup salmon liquid  
2 eggs, beaten  
1/3 cup dry bread crumbs  
1/4 cup chopped parsley  
1 teaspoon powdered mustard  
1/2 teaspoon salt  
1/2 cup dry bread crumbs  
6 round buttered buns  
Lemon wedges  
Drain salmon, reserving liquid  
Flake salmon  
Cook onion in butter until tender, add salmon liquid, crumbs, egg, parsley, mustard, salt, and salmon  
Mix well  
Shape into 6 cakes and roll in the crumbs  
Place cakes in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking  
Fry at moderate heat  
When cakes are brown on one side, turn carefully and brown the other side  
Cooking time is approximately 5 to 8 minutes  
Drain on absorbent paper  
Place cakes in buns.  
Serve with lemon wedges

**STUFFED PEPPERS**

6 medium green peppers  
2 tablespoons butter  
3 tablespoons finely chopped onion  
3 tablespoons finely chopped celery  
7/8 ounce can salmon  
1 cup instant rice  
1/4 cup chopped parsley  
1/2 teaspoon pepper

1/2 teaspoon salt  
1/4 teaspoon oregano  
2 teaspoons chili powder  
1 egg, slightly beaten  
1/2 cup shredded cheddar cheese  
1-pound can stewed tomatoes  
2 teaspoons cornstarch  
1 tablespoon cold water

Wash peppers  
Cut a thin slice from the top of each pepper  
Scoop out and discard membranes and seeds  
Place peppers in kettle  
Cover with boiling water and simmer for 10 minutes  
Drain and cool slightly.

In a small saucepan melt butter and in it saute onion and celery for 5 minutes  
Drain liquid from can of salmon into measuring cup and add water to measure 1 cup  
Pour into saucepan with onions and celery and bring to a boil  
Add instant rice, cover and remove from heat  
Let stand, covered for 5 minutes

Meanwhile mash salmon in large mixing bowl  
Add rice mixture, parsley, salt, pepper, oregano, chili powder and egg and mix thoroughly  
Empty tomatoes into baking dish  
Arrange the peppers in dish and fill lightly with the salmon-rice mixture

Top each with part of the cheese and bake in a 350

degree oven for 30 minutes  
Remove peppers to serving dish  
Place baking dish over direct heat and stir in the cornstarch mixed to a smooth liquid with the cold water  
Cook, stirring, for 2 or 3 minutes, or until liquid is slightly thickened  
Serve the sauce separately

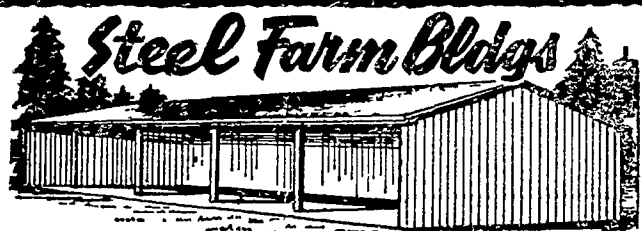
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