

# Salmon Casserole

**Makes:** 6 Servings

This casserole, with canned salmon, makes a quick, one-dish meal.

## Ingredients

**1 can** pink salmon (drained, about 14 ounces)

**1 cup** macaroni (uncooked)

**1 cup** water

**2 tablespoons** margarine

**1** small onion (chopped)

**2/3 cup** evaporated milk

**2 tablespoons** flour

**1 cup** reduced-fat cheddar cheese (shredded)

**1 cup** low-sodium canned peas (drained)

## Directions

1. Mix macaroni, water, and margarine in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour. Cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.

**Source:** Recipe adapted from Commodity Supplemental Food Program Cookbook