

Hooked on Salmon Sticks

Not a fish story at all. These taste great!

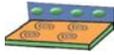


Level: Medium

Makes: 8

Kids' Tool Kit

Large mixing bowl



Fork and spoon

Can opener

Strainer

Rolling pin

Measuring spoons

Measuring cups

Skillet

Spatula

Chef's Choice

Salmon Sticks

Boiled potatoes

Peas

Applesauce

Low fat milk

Nutrition Facts

Serving Size 1 stick (64g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **6%**

Cholesterol 50mg **17%**

Sodium 105mg **4%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 11g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1 can (14.75 ounces) pink salmon, drained
- ½ cup crushed saltine crackers (about 16 crackers)
- 1 egg
- 1 tablespoon vegetable oil



Directions:

Remember to wash your hands!

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shape into sticks about 4 inches long.
3. 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.
4. Flip over and cook about 3 minutes or until golden brown.



Helpful Hints: Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked! Pink salmon is "swimming" with omega-3 fatty acids — a "good" thing for your heart. So, it's a good idea to get hooked on salmon!

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.



Safety Tip: Change dishcloths and towels daily and wash them in hot, soapy water. A dirty dishcloth is a perfect breeding ground for bacteria, and it could spread germs. Throw out old, dirty or smelly sponges — or wash them in a bleach-water solution.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.