

## Hooked on Salmon Sticks

*Not a fish story at all. These taste great!*

8 servings

### Ingredients:

- 1 can (14.75 ounces) pink salmon, drained
- 1/2 cup crushed saltine crackers (about 16 crackers)
- 1 egg
- 1 tablespoon vegetable oil

### Directions:

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.

**Nutrition Facts:** One stick provides 110 calories, 6g total fat, 50mg cholesterol, 105mg sodium, 3g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Salmon Sticks  
Boiled Potatoes  
Peas  
Applesauce  
Low Fat Milk

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