



# SALMON LOAF

3 SERVINGS



CALS - 290    CARBS - 28g    PRO - 30g    FAT - 5g

## INGREDIENTS

12oz skinless boneless  
canned salmon  
8oz fat free sour cream  
2 large raw eggs  
2 1/2 cups corn flakes

## DIRECTIONS

1. Preheat oven to 350 degrees
2. Measure out 2 1/2 cups of corn flakes into a ziplock bag
3. Crush corn flakes and pour into mixing bowl
4. Add 2 eggs and sour cream to mixing bowl
5. Mix together ingredients and add canned salmon to mixture
6. Mix all ingredients together and pour into loaf pan
7. Cook loaf at 350 degrees for 60 min
8. Serve with hot sauce/miracle whip lite (optional)