

# GOOD OLD-FASHIONED FOOD FOR TODAY

Often the most nostalgic meals are the most enjoyable. We find a favorite food from childhood. Or, there's a fragrance from the kitchen that brings back pleasant memories. Perhaps it's something that you "just love." And very often these are foods that offer sound, balanced nutrition.

Savory Salmon Patties With Dilled Cream Pea Sauce is an old-fashioned supper idea that rates tops in flavor. For the economy-minded, this nutritious entree is kind to the budget as well, stretching a 15-1/2 ounce can of salmon to make 6 servings. Accompany with hearty, home-style fried potatoes and a crisp green salad. Canned cling peaches topping quick-mix gingerbread offer added flavor in a delectable dessert.

All time favorite peach and cottage cheese salad sets the pace for good nutrition as well as tradition in our salmon loaf menu. The salad is different, though, for low calorie spicy seasoning gives high flavor that is complemented by the refreshing peach slices. It all blends beautifully with a sprightly seasoned Mexican-Style Salmon Loaf—a delightful variation of another old favorite. The loaf is baked in a decorative ring mold, either conventionally or in a microwave oven and is wreathed in a colorful blend of corn and tomatoes. Convenient canned salmon is an excellent source of complete protein and other important nutrients, and there is no waste.

Here's to good old-fashioned food, prepared traditionally or with a new twist. Enjoy it and eat well!

## SALMON PATTIES WITH DILLED CREAM PEA SAUCE

1 can (15-1/2 ounce) salmon  
1 cup fine dry bread crumbs  
1/2 cup chopped green onions

2 beaten eggs  
1 tablespoon lemon juice  
2 tablespoons cooking oil

Drain and flake salmon, reserving liquid. Combine salmon with bread crumbs and green onions. Stir in beaten eggs, lemon juice and reserved salmon liquid. Form into 6 patties. Fry patties in oil over medium heat until lightly browned on both sides. Serve hot with sauce. Makes 6 patties.

## DILLED CREAM PEA SAUCE

1 package (10 ounce) frozen peas  
2 tablespoons butter or margarine  
2 tablespoons flour

1/2 teaspoon salt  
1/4 teaspoon dill weed  
1-1/2 cups milk

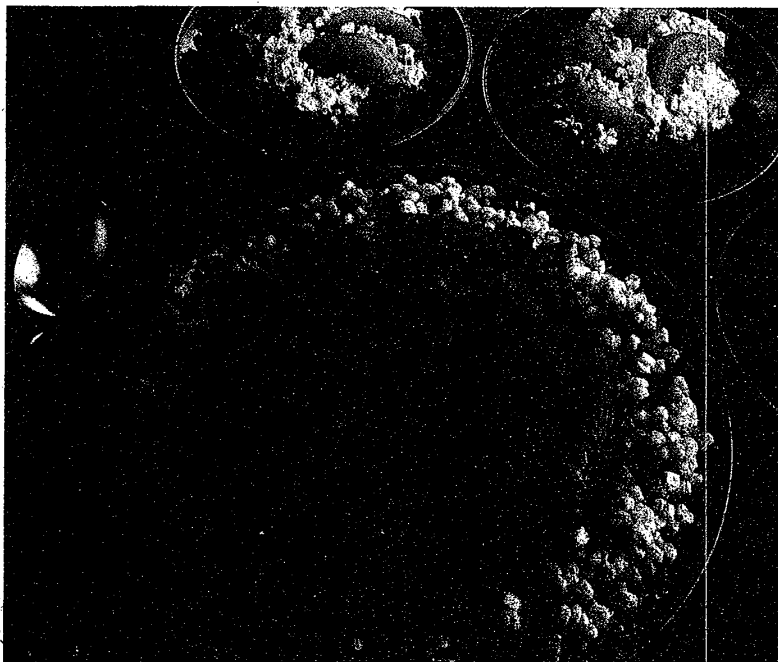
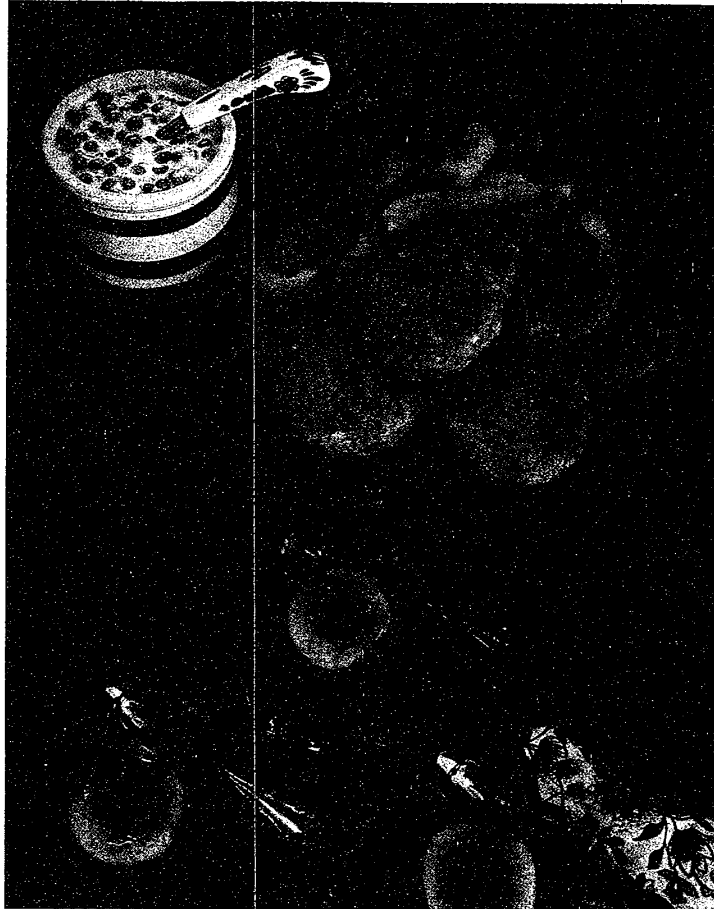
Cook peas according to package directions; drain. In another saucepan, melt butter or margarine. Blend in flour, salt and dill weed. Gradually stir milk into saucepan. Cook over low heat; stir until thickened. Add peas to sauce; heat thoroughly. Makes about 2-1/2 cups sauce.

## PEACH GINGER CREAM CAKES

1 can (29 ounce) cling peach halves  
1/4 cup butter  
1 cup brown sugar, firmly packed  
1/2 cup chopped nuts

2 tablespoons syrup from peaches  
1 package (14 ounce) gingerbread mix  
1 cup dairy sour cream

Drain peaches, reserving syrup. Combine butter, brown sugar, nuts and two tablespoons of syrup in saucepan. Heat until butter melts and mixture is smooth. Divide into eight or nine 6-ounce glass baking cups. Place 1 peach half, cut side down, in each cup. Prepare gingerbread according to package directions using sour cream in place of water. Batter will be stiff. Divide into individual baking cups. Bake in preheated oven (350°F) 20 to 25 minutes. Let stand five minutes before inverting on dessert dishes. Makes 8 or 9 desserts.



## MEXICAN-STYLE SALMON LOAF

1 can (15-1/2 ounce) salmon  
1 cup fine dry bread crumbs  
1-1/2 cups cooked rice  
1-1/2 cups shredded Jack cheese  
1/2 cup chopped onion  
1 can (4 ounce) diced green chilies, drained  
2 tablespoons diced pimiento

3 eggs, slightly beaten  
Milk  
1 can (12 ounce) whole kernel corn with sweet peppers, drained  
1/2 cup chopped fresh tomatoes  
Parsley

**Microwave Method:** Drain and flake salmon, reserving liquid. Combine with bread crumbs, rice, cheese, onion, green chilies, pimiento and eggs. Add milk to reserved salmon liquid to equal 3/4 cup. Stir into salmon mixture. Place in 1-1/2-quart microwave-safe ring mold or glass mixing bowl with a glass center. Microwave at HIGH 10 to 11 minutes or until mixture starts to pull away from sides of dish. Rotate one quarter turn halfway through cooking time. Cover with wax paper and let stand 3 minutes. Combine corn and tomatoes in microwave-safe bowl. Cover with wax paper; microwave at HIGH 2-1/2 minutes or until hot. Invert ring onto serving plate. Surround with corn mixture; garnish center with parsley. Serve with taco sauce if desired. Makes 6 to 8 servings.

**Conventional Method:** Prepare salmon mixture same as for microwave version. Place in well-greased, oven-safe 1-1/2-quart ring mold. Bake in preheated oven (350°F) 35 to 40 minutes, until slightly brown on top and firm in center. Invert onto serving plate. Surround with heated corn and tomatoes; garnish center with parsley.

## HOT 'N TANGY PEACH AND CHEESE SALADS

1 can (29 ounce) cling peach slices  
1 pint cottage cheese  
1/2 cup chopped green pepper

1/2 teaspoon seasoned salt  
Dash hot pepper sauce  
Lettuce leaves

Drain peaches. Combine cottage cheese, green pepper and seasonings. Place cottage cheese mixture on 6 lettuce-lined plates. Arrange peach slices over cottage cheese. Makes 6 dinner salads or 4 main dish salads.