

Fish Offers Top Grade Nutrition

By Elly

What food is an excellent source of protein, calcium, phosphorus and fluoride? It is found on diets because it lowers the consumption of total calories, cholesterol and saturated fats.

According to Dr. F. J. Stare, professor of nutrition at Harvard University, "We would all be in better health if we consumed this food more frequently, at least four to six times per week."

The answer is fish. The Canned Salmon Institute recently sent out a brand new batch of recipes that should be passed along.

SALMON BISCUIT ROLL
1/2 c. chopped celery
1/2 c. chopped green pepper
1/4 c. minced onion
2 T. butter or margarine
1/2 c. chopped black olives
1 lb. can salmon (for two 7 1/2 oz.)
10 1/2 ounce can cream of chicken soup
2 c. biscuit mix
2 1/2 c. milk
1 egg
1 T. water

Saute celery, green pepper and onion in butter or margarine until vegetables are soft. Stir in olives. Drain salmon, reserving liquid. Flake salmon and add to vegetable mixture. Stir in one quarter cup of the chicken soup. Set aside remaining soup for sauce. Combine biscuit mix and milk. Turn out on lightly floured board and knead gently, about 12 kneading strokes. Reserve a small nugget of dough. Roll out remaining dough into a rectangle about 9 by 12 inches. Spread dough with salmon mixture and roll up lengthwise, like a jelly roll. Transfer roll to a baking sheet, seam side down. Combine egg and water. Brush roll with egg mixture and decorate with small cutouts made from reserved dough. Brush decorations with egg mixture. Bake in a preheated 400 degree oven for 25 to 30 minutes or until lightly browned. Serve hot with Chicken Lemon Sauce. Serves six.

CHICKEN LEMON SAUCE
Add sufficient milk to reserved salmon liquid to measure one-half cup liquid. Combine this liquid with remaining chicken soup. Add one tablespoon lemon juice, or to taste. Heat to serving temperature.

SALMON VEGETABLE "PAELLA"
1/2 c. butter or margarine
1 medium onion, chopped
1 clove garlic, minced
2 stalks celery, chopped
2 c. sliced summer squash or zucchini
2 10-ounce packages frozen artichoke hearts
3 tomatoes, quartered, or 1-pound can whole tomatoes, drained
1 1/2 c. rice
1 lb. can salmon
3 c. water or chicken broth
1 t. salt
1 t. pepper
1 can peas (16 oz.)

In heavy saucepan, saute onion, garlic, celery and green pepper in butter for five minutes or until onion is tender. Add summer squash or zucchini, artichoke hearts and tomatoes. Cover tightly and cook over low heat for 10 minutes. Add rice and stir until rice is well-coated with juices in pan. Add liquid from can of salmon, water or chicken broth, salt and pepper. Bring liquid to a rapid boil. Cover tightly, turn heat very low and cook for 30 minutes. Fluff mixture with fork. Flake and add salmon. Cover and steam for five minutes. Meanwhile, heat peas in their liquid. Drain. Empty salmon vegetable aglio into serving dish and garnish with peas. Serves six.

SALMON GENEVA
7 1/2 oz. can salmon
1/2 c. diced Swiss cheese
1/2 c. chopped dill pickle
1 1/2 c. mayonnaise
2 t. prepared mustard
6 slices rye bread


Drain and flake salmon. Combine with cheese, pickle, mayonnaise and mustard. Cut off one-third of each slice of bread. Spread salmon mixture on remaining two-thirds of each slice. Top with cut off slice. Garnish with pickle. Makes six sandwiches.

Protect Pie Top

Spread a thin film of butter or margarine on waxed paper, before placing the paper next to the margarine on pie-when they must be covered in transit. Fold paper edges under plate and the pie arrives without sticking to the paper.

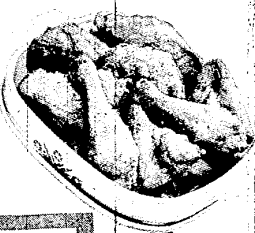
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