



FREEZES

3 to 4

PORTIONS

Crustless salmon pâté

Source of protein, omega 3, iron, vitamin B12, vitamin D



Ingredients

1	Canned salmon, drained, without skin	213 g
2 cups	Potatoes, peeled, cut in 4 (about 4 potatoes)	500 ml
½ cup	Cheddar cheese, grated	125 ml
½ cup	Mayonnaise	125 ml
¼ cup	Green onions, chopped	60 ml
1	Egg, beaten	1



Preparation

1. Cook the potatoes. Mashed them.
2. Preheat the oven to 400°F (200°C).
3. Flake well the salmon in a bowl. Add the rest of the ingredients, mix well.
4. Place in an oven dish and bake for 20 minutes, until the top of the pie becomes golden-brown.



Tips

1. Ideal for left over mashed potatoes.
2. To vary the flavor, vary the type of cheese used (old cheddar, mozzarella, Swiss, etc.)
3. You can replace the mayonnaise with a mixture of ¼ cup plain yogurt and ¼ mayonnaise

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●



Adapted from: recettes.qc.ca