

Salmon

Serves 8

Combine 2 c. drained good salmon
2 c thin white sauce*
2c bread (crackers, etc.) crumbs
2 eggs - whipped
1 T lemon juice

Bake in greased loaf pan
Top with baked wheat germ
Bake 350 for $\frac{1}{2}$ - 45 minutes

White sauce - 2T flour

1 T veg. oil + 1 T butter

$\frac{3}{4}$ c instant milk, diluted with 2 c water
simmer (stir) at least 10 minutes. to cook
flour.

Makes 2 c. white sauce

Serve with ^{a mixture of mayo and} sour cream. Flavored with garlic chips, lemon juice,
and cayenne.