Hooked on Salmon Sticks

This recipe makes 8 servings

Ingredients:
1 can (14.75 ounces) pink salmon, drained
1/2 cup crushed saltine crackers (about 16 crackers)
1 egg
1 tablespoon vegetable oil

Directions:
1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shape into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

Nutrition Facts:
Serving Size 1 stick, Servings per container 8

Amount Per Serving
Calories 110 Calories from Fat 50

Fat 6 g, Saturated Fat 1.5 g, Cholesterol 50 mg, Sodium 105 mg, Total Carbohydrate 3 g, Dietary Fiber 0 g, Sugars 0 g, Protein 11 g

Recipe courtesy of K-State Research & Extension Family Nutrition Program - Kids a Cookin' at http://www.kidsacookin.ksu.edu/

The Family Day campaign in Kansas is supported by Kansas Department of Social and Rehabilitation Services-Addiction and Prevention Services, Blue Cross and Blue Shield of Kansas Foundation & coordinated by Kansas Family Partnership, Inc. (800) 206-7231

The benefits of frequent family meals:

- Kids won't likely try marijuana.
- They're less likely to use illicit drugs.
- Friends won't likely abuse prescription drugs.
- You and your kids will talk more.
- You'll be more likely to hear about a serious problem.
- Kids are less likely to become overweight or obese.

Information above available on WebMD at this website: http://children.webmd.com/guide/family-dinners-are-important