

# Creamed Salmon on Toast

Recipe By:Jacque Helland

"A quick and easy snack or lite dinner of creamed salmon and peas. The sauce may be made as thin or thick as you like."



## Ingredients

- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 cup cold milk
- 1 (10 ounce) can canned green peas, drained, liquid reserved
- 1 (14.75 ounce) can salmon
- salt and pepper to taste

## Directions

1. In a saucepan or skillet, melt butter over medium heat. Whisk in flour, stirring constantly, until a smooth paste is formed. Gradually add milk and reserved liquid from peas, stirring constantly, until a smooth thick gravy is formed.
2. Flake salmon into a bowl, breaking apart any large pieces. Stir salmon and peas into the sauce carefully with a wooden spoon to avoid mashing the peas. Cook until heated through. Adjust seasoning with salt and pepper.
3. Toast bread in toaster oven or broiler pan. Butter, if desired, and top with salmon mixture.