

**Curried Salmon: 25 Minute Meal**



**INGREDIENTS:**

1 can (14.5 oz.) diced tomatoes  
1 small can (5.75 oz.) low-fat or fat-free evaporated milk  
1 to 1-1/2 Tablespoons curry powder  
1/4 teaspoon each ground ginger, salt, coriander, and sugar  
Dash ground cinnamon  
1 cup frozen vegetables (such as peas, peas and carrots, potato dices, etc.)  
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked  
3 cups cooked rice, kept warm

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**DIRECTIONS:**

In saucepan, blend tomatoes, evaporated milk, curry powder, ginger, salt, coriander, sugar, and cinnamon. Cook over medium heat just until sauce begins to bubble. Stir in frozen vegetables and continue cooking 5 minutes. Stir in salmon and heat thoroughly. Serve curried salmon over rice.  
Makes 2 to 4 servings.

**NUTRITIONAL INFORMATION:**

Nutrients per serving: 562.4 calories, 9.5g total fat, 2.4g saturated fat, 15% calories from fat, 79.1mg cholesterol, 40.8g protein, 76.1g carbohydrate, 5.2g fiber, 1,287.9mg sodium, 550.1mg calcium and 2.4g omega-3 fatty acids.