Seaworthy Spaghetti

Ingredients

- 1 can (7-3/4 oz.) salmon
- 1/4 cup chopped onion
- 2 cups soft bread crumbs
- 1 tablespoon lemon juice
- 2 eggs, slightly beaten
- 1 tablespoon chopped parsley
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp dry mustard
- 3 Tbsp salad oil
- 8 oz spaghetti, cooked
- Lemon Sauce
- Chopped parsley
- Grated Parmesan cheese

Instructions

1. Flake salmon and combine with onion, bread crumbs, lemon juice, eggs, parsley and seasonings.
2. Shape into small balls.
3. Brown on all sides in hot oil.
4. Toss lightly with hot cooked spaghetti and Lemon Sauce.
5. To serve, sprinkle with chopped parsley and grated Parmesan cheese.

Makes 4 servings.

Lemon Sauce

Ingredients

- 1/4 cup butter
- 1/4 cup flour
- 1/2 tsp salt
- 1/4 tsp dry mustard
- 2 cups milk
- 3 Tbsp lemon juice
- 1 tsp grated lemon peel

Instructions

1. Melt butter.

2. Blend in flour, salt, and dry mustard.
3. Gradually add milk, stirring until thickened.
4. Remove from heat.
5. Stir in lemon juice and grated lemon peel.

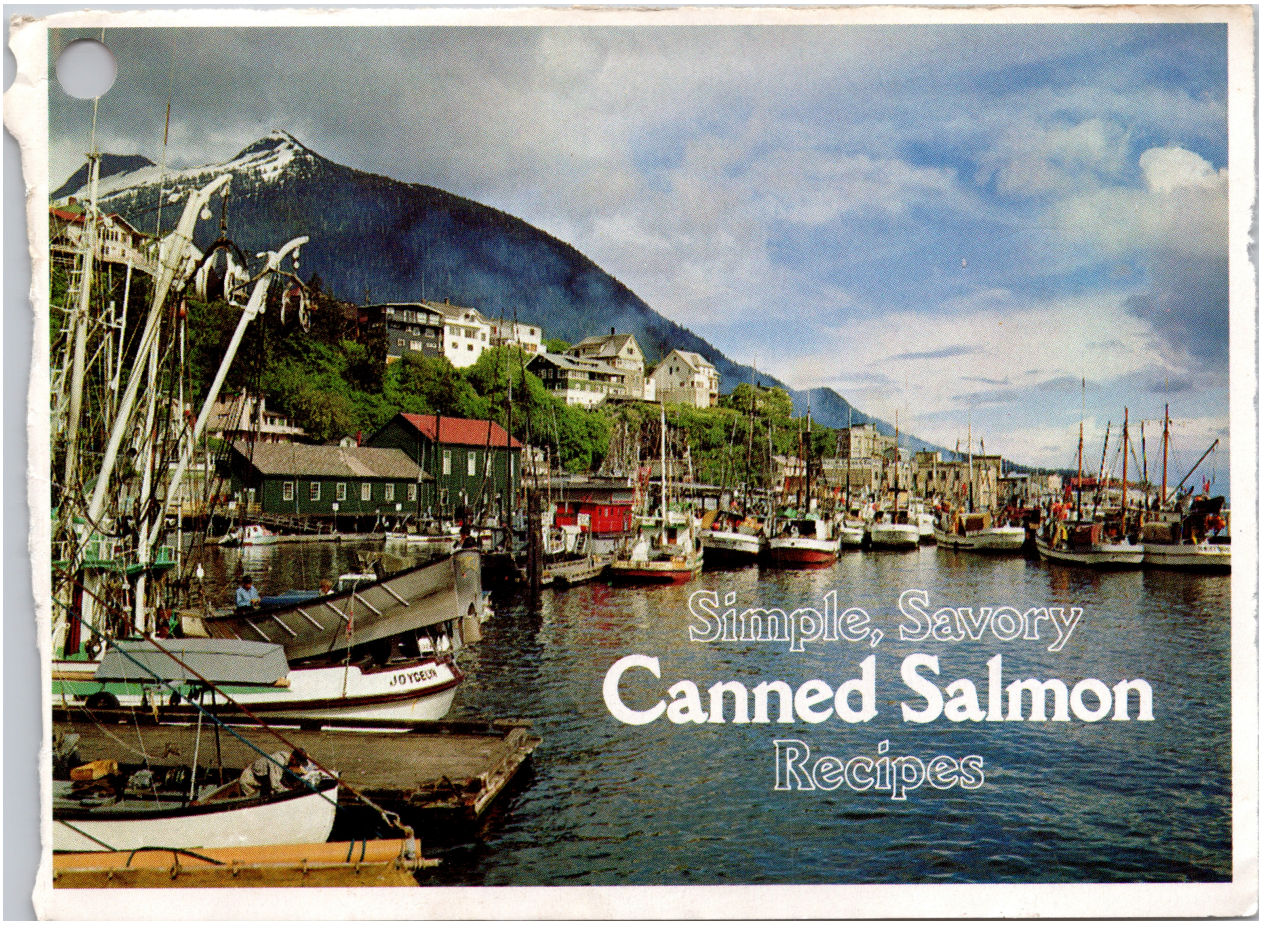
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Flake salmon and combine with onion, bread crumbs, lemon juice, eggs, parsley and seasonings. Shape into small balls. Brown on all sides in hot oil. Toss lightly with hot cooked spaghetti and Lemon Sauce. To serve, sprinkle with chopped parsley and grated Parmesan cheese.
Makes 4 servings.

Lemon Sauce: Melt 1/4 cup butter. Blend in 1/4 cup flour, 1/2 teaspoon salt and 1/4 teaspoon dry mustard. Gradually add 2 cups milk, stirring until thickened. Remove from heat. Stir in 3 tablespoons lemon juice and 1 teaspoon grated lemon peel.

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