



### Salmon Omelet

- 1 can (7 $\frac{3}{4}$  ounces) salmon
- 4 eggs
- 1 cup liquid (liquid from canned salmon plus milk to make volume)
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon flour
- 2 tablespoons butter

Drain and flake salmon, and save salmon liquid. Beat eggs slightly and add liquid, salt, flour and salmon. Melt butter in hot frying pan. Add salmon mixture and reduce heat slightly. As omelet cooks, lift with spatula letting uncooked part run underneath until whole is creamy. Fold double and turn onto hot platter.

*Makes 4 servings.*

