

SALMON CASSEROLE

Ingredients

4 medium potatoes, peeled and sliced

3 Tbsp flour

16 ounces salmon, drained and flaked

1/2 cup chopped onion

10 ounce can low-sodium cream of mushroom soup

1/4 cup water

Dash nutmeg

Directions

1. Spray slow cooker with nonstick cooking spray. Place half of the potatoes in slow cooker. Sprinkle with half of the flour. Cover with half the flaked salmon and then sprinkle with half the onion.
2. Repeat layers.
3. Combine soup and water; pour over top of potato and salmon mixture.
4. Sprinkle with just a dash of nutmeg. Cover and cook on low for 7 to 9 hours or until potatoes are tender.

Serves: 6

Source: *500 Heart-Healthy Slow Cooker Recipes* (Logue)