

Salmon Nuggets

1-15 oz. can good-quality canned salmon

1/2 tsp. basil

1 large eggs

1/4 tsp. salt

1/4 cup whole wheat bread crumbs

pepper to taste

Cooking spray

Set oven to broil. Mix all ingredients together in a bowl. When well mixed, form into small nugget shapes. Spray a cookie sheet with non-stick spray and place nugget on top and broil. Broil for about 5 minutes and then turn and broil for an additional 5 minutes.

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