

EASY FISH PIE

INGREDIENTS:

- 1/4 pound cabbage, shredded
- 1 large carrot, chopped
- 1 large onion, chopped
- 4 tablespoons unsalted butter, divided
- 1/4 teaspoons kosher salt
- 1/8 teaspoon black pepper
- 1 pound salmon, skinned and boiled
- 1 cup brown rice, cooked
- 1 pie crust, thawed

DIRECTIONS:

1. Combine cabbage, carrot, and onion; simmer all vegetables in 2 tablespoons butter until tender. Add salt and pepper.
2. In a 9x13 inch pan, line the bottom of the pan with pie crust. Leave some dough for top.
3. Preheat the oven to 350°F.
4. Line pan with crust and layer half of rice directly on crust, then half of vegetables, and all salmon. Add remaining vegetables and rice and the top crust. Bake for 45 minutes.

Note: Halibut is also very good in fish pie, but do not overcook. Canned salmon can also be used.

Nutrition Facts

Serving Size 1 slice (209g)
Servings Per Container 5

Amount Per Serving

Calories 310 **Calories from Fat 160**

	% Daily Value*
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 3g	

Protein 23g

Vitamin A 100% • Vitamin C 50%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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