



## WHOLE BAKED SALMON

### Ingredients:

Grease a large shallow baking pan. In a saucepan melt:

¼ cup butter

¼ tsp. paprika

¼ tsp. salt

½ tbsp. Worcestershire sauce

### Instructions:

Place the fish in the pan. Pour sauce over the top and spread on the inside of the fish, too. Sprinkle with ¼ cup grated onion or dried onion flakes. Bake at 350° for 30 minutes or more depending on the size of the fish.

## GLAZED CARROTS

Wash, peel, and then slice carrots (about 8) into small amount of boiling, salted water. Simmer gently in covered pan about 15 minutes until nearly tender. Melt 2 tbsp. butter or margarine and 6 tbsp. light brown sugar in a skillet. Add carrots and cook over low heat until nicely glazed.

## HONEY CAKE

### Ingredients:

1 ¼ cup whole wheat flour

1 tsp. cinnamon

1 tsp. salt

¼ cup oil

1 egg white

1 1 tsp. baking soda

¼ cup barley flour

½ tsp. nutmeg

1 cup applesauce

½ to 2/3 cup honey

### Instructions:

Mix all dry ingredients together and in a separate container mix all wet ingredients. Now combine the two, then pour into a greased 8" or 9" pan.

Bake in preheated 325° oven for 30 to 35 minutes. Serve warm with an extra dollop of applesauce and sprinkle of cinnamon, or topped with whipped cream. It is also good as a snack plain, warmed with a little butter.