

# SALMON TORTE



From the kitchen of: Roberta Symons

Preparation time:

Number of servings: 6-8

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## INGREDIENTS

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### **CRUST**

1 cup whole-wheat flour  
2/3 cup grated cheddar cheese  
Pinch salt  
1/4 tsp. paprika  
6 tbsp. salad oil

### **FILLING**

1 can Sockeye Salmon 6 1/2 oz  
3 eggs beaten  
1/2 cup (175 gram) sour cream  
1/2 cup plain yogurt (175g)  
1/4 cup mayo  
1/2 cup cheddar cheese grated  
3 tbsp. chopped green onion  
3 tbsp. fresh dill or 1 tbsp. dried.

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## INSTRUCTIONS

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*For the crust, combine dry ingredients, add oil, stir well and press into 9" pie plate pressing up the sides as well all the way to top as has to accommodate filling. Bake 400 deg 10 minutes then cool..*

*For the filling drain & flake the salmon, **reserving the liquid.** Blend eggs, sour cream, yogurt mayo & salmon liquid then fold in salmon, cheese, onions, dill.*

*Spoon into shell and bake at 325 deg for about 40 min or until firm in center. The cooked quiche can be refrigerated and reheat at 325 deg for 30 min. Also excellent cold. Enjoy!*