**INGREDIENTS**

- 1 (14.75 ounce) can salmon (leave the bones and skin - they are soft and nutritious)
- ¾ cup couscous
- 1 cup water with ¼ teaspoon salt, boiling
- ½ cup milk of your choice (grain, nut, or dairy)
- 1 extra large or 2 small eggs, beaten
- ½ cup grated carrot
- ¼ cup minced green or white onion
- 1 rib celery, minced
- 2 Tablespoons olive oil (or oil of choice)
- 1 teaspoon dried thyme or basil
- 1 teaspoon salt
- 4 Tablespoons fresh parsley or dill (optional)
- pepper to taste

**DIRECTIONS**

1. Preheat oven to 350 degrees.

2. Place couscous in a small bowl and pour boiling water over it, cover and let sit 10 minutes. Set aside.

3. In a large mixing bowl, whisk together the egg and milk. Add the cleaned salmon, plumped couscous, vegetables, herbs, olive oil, salt, and pepper. Mix gently.

4. Press the salmon mixture into a lightly greased 9x5 inch loaf pan. Bake for 55 minutes covered with foil and 10 more minutes uncovered, or until set.

   *Serve with a large salad.*

**NOTES**