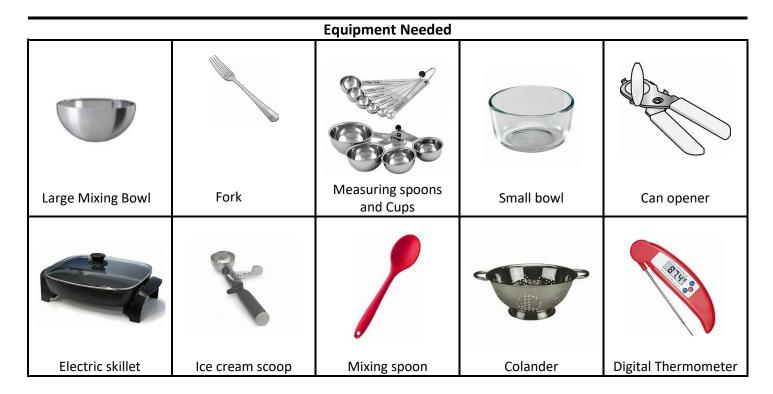


Salmon Patties

Makes 4 Servings; 2 per serving

Nutrients Per Serving:

180 Calories | 2g Fat (2g Saturated) | 10g Carbohydrates | 0g Added Sugar | 15g Protein | 400mg Sodium | 1g Fiber



Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

	SALMON	Chopped Onions	Dijon Mustard	BREAD
2 eggs	1 (16 oz) can salmon	2 tablespoons frozen or fresh onions	2 tablespoons Dijon mustard	1 cup dry breadcrumbs
CLASSIC CLASSIC	Daisy Sour CREAM Pure & Natural			
2 tablespoons olive oil	2 tablespoons sour cream	Salt & pepper to taste		

Directions

(Tbsp = tablespoon, tsp = teaspoon)





Wash Hands.





Drain liquid from a can of salmon, using a colander over the sink. You may see bones, but they are edible!





In a small bowl, beat 2 eggs in with a fork.





In a large bowl mix the drained salmon,
2 beaten eggs,
1 cup dry breadcrumbs,
2 Tbsp Dijon mustard
2 Tbsp onion
1 Tbsp sour cream
Stir until completely combined.



Form salmon mixture into 8 balls by using an ice cream scoop.

6



Flatten the salmon balls using your hands.





Heat oil in a skillet over medium high heat.
Add patties and season with salt and pepper, if desired.
Cook until lightly browned on the bottom, about 2 minutes.
Then turn and cook on the other side for 2 more minutes. Temperature should be 145°using a digital thermometer.





This recipe does well with the Creamy Dill Sauce. Refrigerate leftovers immediately.