

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

Equipment Needed

				
Large Mixing Bowl	Fork	Measuring spoons and Cups	Small bowl	Can opener
				
Electric skillet	Ice cream scoop	Mixing spoon	Colander	Digital Thermometer

Ingredients Needed

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

				
2 eggs	1 (16 oz) can salmon	2 tablespoons frozen or fresh onions	2 tablespoons Dijon mustard	1 cup dry breadcrumbs
				
2 tablespoons olive oil	2 tablespoons sour cream	Salt & pepper to taste		

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Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash Hands.

2



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

3



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

4



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.

5



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

6



Flatten the salmon balls using your hands.

7



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.

8



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