

Making it delicious SALMON CAKES

Ingredients

- 1 cup (8 oz.) canned salmon*
- 1/4 cup Panko breadcrumbs
- 2 Tbsp. mayonnaise
- 2-4 Tbsp. sliced scallions, optional
- 1 Seasoning Packet:
 - 1/2 tsp. dried dill
 - 1/4 tsp. garlic powder
 - 1/4 tsp. onion powder
 - 1/8 tps. dry mustard
- 3 Tbsp. olive oil (for cooking)
- 4 lemon wedges

*If low-sodium or no-salt-added salmon is unavailable: in a strainer, rinse & squeeze out the salmon before using. Tuna or crab may also be substituted for salmon.

Nutrition Facts

4 servings per container	
Serving size	(89g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 95mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 1mg	6%
Potassium 249mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Instructions

- In a bowl, combine the salmon, breadcrumbs, mayonnaise, scallions, and seasoning packet; mix well.
- Form the mixture into 4 patties, 1/4 cup each, and about 3-4 inches in diameter.
- Heat a large skillet over medium heat. Add olive oil to pan; swirl to coat. When the oil shimmers, add patties; add more olive oil if needed, while cooking the patties for 3 minutes on each side or until golden.
- Serve with lemon wedges.

Recipe adapted from: realsimple.com "Simple Salmon Cakes"

SERVINGS: 4 | PREP TIME: 30 MIN