

Salmon Patties

Makes 8 3-inch Patties



Greater Cleveland
Food Bank

INGREDIENTS

- 1 can salmon
- 1 egg
- 1/2 cup breadcrumbs
- 1 Tbs lemon juice
- 1 Tbs Parmesan cheese
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 2 Tbs cooking oil

DIRECTIONS

1. Drain juices from salmon and place bowl, removing bones.
2. Remove skin and bones, then break up with fork.
3. Add egg, breadcrumbs, lemon, cheese and spices; mix well.
4. Heat oil in pan; form mix into patties.
5. Cook on each side for 3 minutes or until browned.

Notes:

Canned wild salmon is high in heart-healthy omega-3 fats. It's also a great source of protein and calcium.

Try adding hot sauce and topping them with cucumber yogurt sauce.

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