Crispy Salmon Patties

Prep time: 10 minutes  |  Cook time: 20 minutes  |  Number of servings: 6

1 (14-ounce) can salmon
2 eggs
1 slice whole wheat bread, torn into small pieces
1 medium carrot, shredded
¼ cup finely chopped red bell pepper
2 green onions, finely chopped
1 garlic clove, minced or ½ teaspoon garlic powder
½ teaspoon black pepper
½ teaspoon seasoning (paprika, chili powder, or dill weed)
2 teaspoons vegetable oil

Directions

1. Wash outside of can. Open salmon, drain, and put in a small bowl. Remove any bones and skin from salmon; break into chunks with a fork.

2. Break eggs into a large bowl. Whisk with fork. Add salmon, bread, carrots, red bell peppers, green onions, garlic, black pepper, additional seasoning. Gently mix together until combined.

3. Form six patties, about ½ inch thick.

Nutrition Facts (Serving size 1 patty): Calories–150; Protein–19g; Carbohydrate–4g; Total Fat–6g; Saturated Fat–1g; Cholesterol–115mg; Fiber–1g; Sodium–310mg; Vitamin C–15%; Vitamin A–45%; Iron–6%; Calcium–6%

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Directions (continued)

4. In a large skillet, heat oil over medium heat. Place patties in skillet and cook, uncovered, for about 3 minutes or until brown. Turn patties over with a spatula and cook another 3 to 4 minutes or until brown. Serve immediately.

Food Sense Tips

• Make your own healthy salmon burger by serving with a whole wheat bun, tomato, lettuce, and onions!

• Patties can be frozen for two to three months before or after cooking.

• You can refrigerate cooked patties for up to four days.