

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.



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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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- Food \$ense 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.

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.

THRIFTY MAIN DISHES

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