

Salmon Patties

Yield: 9 servings

- 1 can salmon (15 1/2 ounce, drained)
- 1 cup cereal or crackers (whole grain, crushed)
- 2 egg (large, lightly beaten)
- 1/2 cup milk (1%)
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil



1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Notes

Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Other optional additions to patties: 1/2 teaspoon lemon pepper, 1/4 cup finely minced celery, 1 Tablespoon finely minced bell pepper, 1/3 cup chopped onion, and/or 4 green onions, finely chopped.

Nutrition Facts	
9 servings per container	
Serving size	1/9th (86g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 85mg	28%
Sodium 230mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 10g Added Sugars	0%
Protein 14g	
Vitamin D 7mcg	35%
Calcium 167mg	15%
Iron 1mg	6%
Potassium 230mg	4%
* The % Daily Value (DV) 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.	

Source

Missouri Nutrition Network, Eat for Health Toolkit

Optional Additions from: ONIE Project & Colorado State University Extension



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