# **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.

9 servings per container Serving size 1/9th (8	36g)
Amount per serving	E
Calories 1	50
% Da	ily Valu
Total Fat 7g	9'
Saturated Fat 1.5g	8
Trans Fat 0g	
Cholesterol 85mg	289
Sodium 230mg	109
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

#### Source

Missouri Nutrition Network, Eat for Health Toolkit
Optional Additions from: ONIE Project & Colorado State University Extension









This institution is an equal opportunity provider.

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9 servings per container <b>Serving size      1/9th (</b> i	86g)
Amount per serving	-
Calories 1	150
% D:	aily Value
Total Fat 7g	99
Saturated Fat 1.5g	89
Trans Fat 0g	
Cholesterol 85mg	289
Sodium 230mg	109
Total Carbohydrate 8g	39
Dietary Fiber 0g	09
Total Sugars 1g	
Includes 10g Added Sugars	09
Protein 14g	
Vitamin D 7mcg	359
Calcium 167mg	15°
Iron 1mg	69
Potassium 230mg	4

### Source

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