



Salmon Patties

Servings: 6

Ingredients:

- 1 (15 ounces) can skinless, boneless salmon, drained, reserve liquid
- 1 Tablespoon lemon juice
- ½ stalk celery, washed and finely chopped
- ¼ bell pepper, washed and finely minced.
- ½ medium onion, chopped
- 2 eggs
- 1/3 cup whole wheat bread crumbs or cracker crumbs
- 2 Tablespoons flour
- 1 Tablespoon vegetable oil

Directions:

1. Drain salmon liquid into a measuring cup, add lemon juice and enough cold water to the salmon liquid to make ½ cup, set aside until step #5.
2. Place salmon in a separate mixing bowl.
3. Add celery, bell pepper, and onion to the salmon.
4. In a separate bowl, beat the eggs. Add the eggs to the salmon mixture.
5. Add the bread crumbs, flour, pepper, and salmon mixture and stir until all the ingredients are mixed together.
6. In a skillet or a pan over medium high heat, heat up vegetable or canola oil.
7. Fill a 1/3 measuring cup with salmon and gently place in the skillet or pan. Repeat to make 6 portions.
8. With spatula, flatten each portion on the skillet or the pan into ½ inch thick patties.
9. Cook patties for about 5 minutes on each side, or until golden brown.
10. Remove patties from skillet and place on a clean paper towel to drain extra fat.

Nutrition Facts	
Serving Size 1 patty	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 340mg	14%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 17g	
Vitamin A 4%	• Vitamin C 6%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

