



CRISPY SALMON PATTIES

Serves: 6 | Serving Size: 1 Patty | Per Serving: \$.52

INGREDIENTS

- 1 (14.75-ounce) can salmon, drained
- 1 egg
- 1 slice whole wheat bread, shredded, or 5 crushed saltine crackers
- 3 green onions, including the green stems, or 1/3 cup white onion, chopped fine (about 1/3 medium onion)
- 1 medium garlic clove, minced, or 1/8 teaspoon garlic powder
- Dash black pepper
- 1/2 teaspoon seasoning (paprika, chili powder, or dill weed)
- 2 teaspoons vegetable oil or olive oil

INSTRUCTIONS

1. Remove any large bones and skin from salmon. Break into chunks with fork.
2. Break egg into a large bowl. Whisk with fork. Add salmon, bread or crackers, onion, garlic, pepper, and additional seasoning. Mix gently.
3. Form into 6 patties about 1/2 inch thick.
4. Heat oil over medium heat in a large skillet. Place patties in hot oil skillet. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side 3-4 minutes to a temperature of 145° F.
5. Serve immediately. Makes a good sandwich with whole wheat bread, tomato, lettuce, and onions.

COOKING TIPS

- One 1/2 cup serving of canned salmon with bones has about the same amount of calcium as a glass of milk.
- Move the patties as little as possible so they don't break apart.
- Patties can be frozen for 2-3 months before or after cooking.
- Refrigerate leftover patties up to four days. Patties will not be as crisp.

Nutrition Facts	
Serving Size 1 Patty	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 310mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 18g	
Vitamin A 2%	• Vitamin C 2%
Calcium 20%	• Iron 6%

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