



EATING SMART
BEING ACTIVE

Salmon Patties

Makes: 6 servings (1 patty per serving)

Preparation Time: 10 minutes

Cooking Time: 5 to 10 minutes

Ingredients

- 1 (14.75 ounce) can salmon*
- 1 tablespoon lemon juice
- Cold water
- ¼ cup minced celery (optional)
- 1 tablespoon minced green pepper (optional)
- ½ medium onion, minced
- 2 large eggs
- ⅓ cup bread crumbs or cracker crumbs
- 2 tablespoons all-purpose flour
- ⅛ teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. Wash fresh vegetables (if using).
2. Collect, mince, and measure all ingredients before starting to prepare the recipe.
3. Open salmon, and drain liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make ½ cup liquid total, and set aside.
4. Put the salmon in a separate mixing bowl. Mix in the celery (if using), green pepper (if using), and onion.
5. In another small bowl, beat the eggs. Then, add them to the salmon mixture.
6. Add the bread or cracker crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed together.
7. Use ⅓ cup measuring cup to measure salmon mixture. Shape into a ½ inch thick patty, and place on a plate. Repeat to make 6 patties.
8. Heat the oil in a skillet over medium heat, then add 3 patties.
9. Cook for about 2 to 3 minutes (or until golden brown) on each side.
10. Remove patties from skillet, and place on a clean paper towel-lined plate to drain. Cook remaining 3 patties, then serve immediately.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

* Use canned salmon with bones to get extra calcium.

Be creative! Top with salsa or pico de gallo.

Nutrition Facts

6 servings per container

Serving size 1 Patty (115g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 110mg 36%

Sodium 380mg 16%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 18g 36%

Vitamin D 14mcg 70%

Calcium 165mg 15%

Iron 1mg 6%

Potassium 300mg 6%

*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.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP
COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Build Strong Bones