



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.



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7. Use $\frac{1}{3}$ cup measuring cup to measure salmon mixture. Shape into a $\frac{1}{2}$ 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
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 2g	10%
<i>Trans</i> 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%
<small>*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.</small>	



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