



## Salmon Patties

### 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 flour
- ⅛ teaspoon black pepper
- 1 tablespoon oil

*\*using canned salmon with bones supplies extra calcium*

**Source:** *Let's Cook!* | **Yield:** 6 patties; 190 Calories per patty.  
 Total fat 9g; Protein 18g; Total carbohydrate 8g;  
 Dietary fiber 1g, Sodium 380

### DIRECTIONS:

1. Mince and measure all ingredients.
2. Drain liquid from salmon into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make ½ cup liquid total, set aside.
3. In a separate mixing bowl, add salmon, celery, green pepper, and onion.
4. In a separate small bowl, beat the eggs.
5. Add the bread or cracker crumbs, flour, pepper, eggs and salmon liquid mixture to the salmon mixture and stir until all ingredients are mixed together.
6. Use ⅓ cup measuring cup to measure salmon mixture. Shape into a ½-inch thick patties.
7. Heat oil in a skillet over medium heat, add 3 patties. Cook 2 to 3 minutes, until golden brown. Repeat with other 3 patties.
8. Drain patties on paper towels. Serve immediately.