



Salmon Patties

Servings 5 | Prep time 15 mins | Total time 27 mins.

Equipment: Medium bowl, Large frying pan
Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

- 1 14.75 ounce can salmon, drained (with or without bones and skin)
- 1 slice whole wheat bread, torn into small pieces
- 1 tablespoon light mayonnaise
- 1 tablespoon lemon juice
- 2 eggs, lightly beaten
- 1 medium stalk celery, minced
- 1 medium carrot, grated
- 1 medium onion, minced
- 1 teaspoon olive oil OR vegetable oil

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. In a medium bowl, break up the salmon. If canned salmon has bones, mash bones with a fork until smooth. Remove the salmon skin if desired.
3. Add torn-up bread, light mayonnaise, lemon juice, eggs, celery, carrot, and onion to bowl and mix well.
4. Firmly press about 1/2 cup of the mixture into a 1-inch thick patty, make 5 patties. Put on plate.
5. Coat large frying pan in oil and heat on medium heat.
6. Place the patties in frying pan and cook until they are golden brown, about 5 to 7 minutes on each side.

Nutritional Information:

Calories 170
Total Fat 7g
Sodium 340mg
Total Carbs 7g
Protein 18g