

Gianna's Salmon Paradise

Makes: 4 Servings

“At dinner one night, my mom made salmon cakes with leftover salmon,” says Gianna. “They were crispy and yummy. After I met with a worker from my town’s farm and learned all about New Jersey’s state fruits and vegetables, I decided to make my own recipe, but with healthier foods. Many of the fruits and vegetables in my recipe are from my state, and some were even from my own garden. I substituted frying the cakes with baking as a healthier choice. The pickle sauce is like my mom's tartar sauce but healthier with yogurt. It tastes great now with all the healthy changes and I love it even more!” Gianna always serves this with a fresh green salad.

Ingredients

For the Salmon Marinade:

- 1 cup** fresh orange juice
- 1/4 cup** fresh lemon juice
- 1 tablespoon** low-sodium soy sauce
- 2 tablespoons** extra-virgin olive oil
- 2 tablespoons** minced garlic
- 1 teaspoon** chopped parsley
- 1 pound** salmon fillet, skin removed

For the Salmon Cakes:

- 1/2 cup** whole-grain seasoned breadcrumbs
- 2** medium eggs
- 1 1/2 tablespoons** Pecorino Romano or Parmesan grated cheese
- 6** basil leaves, finely chopped
- 1 tablespoon** fresh lemon juice
- 1/2 teaspoon** lemon zest
- 1/4 cup** chopped fresh spinach
- 1/4 teaspoon** salt
- 1/8 teaspoon** ground black pepper
- 1 teaspoon** Dijon mustard
- 1 teaspoon** minced garlic
- 1/4 cup** shredded carrots



Nutrition Information

Nutrients	Amount
Calories	433
Total Fat	24 g
Saturated Fat	5 g
Cholesterol	146 mg
Sodium	750 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	2 g
Protein	30 g
Vitamin D	N/A
Calcium	138 mg

Directions

1. **To make the Marinade:** In a large bowl, whisk together all of the ingredients and add the salmon last. Marinate up to 1 hour in the refrigerator.
 2. **To make the Salmon Cakes:** Preheat the oven to 400°F. In a nonstick skillet over medium heat, cook salmon with $\frac{1}{4}$ cup of marinade, about 6 minutes per side or until both sides are slightly opaque. Let cool. On a large nonstick baking sheet, or one lined with parchment or greased with oil or nonstick cooking spray, pull apart cooled salmon using 2 forks. Add in all ingredients and mix with your hands, forming 4 cakes. Bake about 10 minutes, or until golden brown on the bottom, and then carefully flip to cook the other side, about 10 minutes.
 3. **To make Pickle Sauce:** In a medium mixing bowl, combine all the ingredients. Top cooked Salmon Cakes with 2 teaspoons Pickle Sauce and serve with salad.
- The 2016 Healthy Lunchtime Challenge Cookbook