

Salmon Patties

Makes: 9 Servings

Choose a variety of protein foods, such as salmon and eggs, to improve nutrient intake. The whole wheat cereal or crackers punch up the nutrition value of this recipe.

Ingredients

- 2 large eggs, lightly beaten
- 1 **can** salmon, drained (about 15 ounces)
- 1 **cup** whole wheat cereal or crackers, crushed
- 1/2 **cup** 1% fat milk
- 1/8 **teaspoon** black pepper
- 1 **tablespoon** vegetable oil

Directions

1. In a medium bowl, use a fork to crumble salmon into very small pieces.
2. With fingers, crush cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly and shape into 9 patties.
5. Heat vegetable oil in a skillet.
6. Over medium heat, carefully brown salmon patties on both sides until thoroughly cooked, about 4 minutes per side.

Notes

Tip: Try using tuna instead of (or mixed with) salmon.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	7 g	
Protein	13 g	
Carbohydrates	4 g	
Dietary Fiber	NA	
Saturated Fat	1.5 g	
Sodium	300 mg	