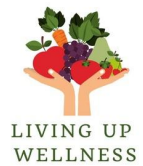


Salmon Patties



Course: Main Dish

Categories: Fish

Source: www.livingupwell.com

Serving size: 8 servings of 1 patty

Preparation time: 15 mins

Cooking time: 10 mins



Ingredients

- 2 cans (14.75 oz) salmon
- 2 eggs
- 1 cup unseasoned panko breadcrumbs
- 2 medium lemons
- 1 tbsp. dried oregano
- 1 tbsp. dried thyme
- 1/4 cup finely chopped green onions
- 4 tbsp. avocado oil

Directions

1. Open cans of salmon, drain liquid out and place salmon in a large bowl. Optional: remove bones (if you leave them it's an added source of calcium)
2. Add 2 eggs, 1/4 cup finely chopped green onions, 1 cup bread crumbs, 1 tbsp. dried thyme, 1 tbsp. oregano, juice of 2 lemons and salmon together. Season with 2 tsp salt and 1 tsp black pepper.
3. Make into patties. If mixture is too dry to form into patties, add 2-4 tbsp. milk (or nut milk).
4. In large sauté pan, heat 2 tbsp. avocado oil to medium high heat.
5. Place patties in pan. Brown on each side, turning once (about 3 minutes per side). If cooking in batches, add the other 2 tbsp. avocado oil when the pan becomes dry. Drain on paper towels and serve warm.

Serving suggestion: 1 patty with 1.5 cups sautéed spinach or 2-3 cups salad and 1/2 cup wild rice.

Salmon Patties		
Nutrition Facts		
Serving Size	1 Patty	
Amount Per Serving		
Calories	202.3	
	% Daily Value*	
Total Fat	9.6 g	12 %
Saturated Fat	2.1 g	11 %
Trans Fat	0 g	
Cholesterol	81.1 mg	6 %
Sodium	374.4 mg	16 %
Total Carbohydrate	6.1 g	2 %
Dietary Fiber	0.3 g	1 %
Total Sugars	0.8 g	
Added Sugars	- g	- %
Protein	21.3 g	
Vitamin D	8.8 mcg	44 %
Calcium	228.1 mg	18 %
Iron	0.9 mg	5 %
Potassium	303.5 mg	6 %
* 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.		