



Salmon Patties



Ingredients

- 1 can (14.75 ounces) **salmon** with bones, drained
- 1 slice of **bread**, torn into small pieces
- 1 Tablespoon **mayonnaise**
- 1 Tablespoon **lemon juice**
- 1 **egg**, lightly beaten
- ½ cup minced **celery**
- ½ cup minced or grated **carrot**
- ½ cup minced **onion**

Makes: 4 patties (4-inch)
Prep time: 15 minutes
Cooking time: 10 to 15 minutes

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium bowl, break up the salmon and mash bones with a fork. Remove the salmon skin if desired.
4. Add the rest of the ingredients and mix well.
5. Lightly grease a large skillet and place it over medium heat.
6. Firmly press about ½ cup of the mixture into a 1-inch thick patty. Repeat to make 3 more patties.
7. Place the patties on the skillet and cook until they are golden brown, about 5 to 7 minutes on each side.
8. Refrigerate leftovers within 2 hours.



Notes

- No salmon? Use canned tuna or mackerel instead.
- No canned salmon? Use 1 to 1½ cups cooked salmon.
- Use ¼ cup dry bread crumbs or cracker crumbs instead of sliced bread.
- Make your own bread crumbs from stale bread.
- Try other finely chopped vegetables such as bell pepper or zucchini.

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Nutrition Facts	
4 servings per container	
Serving size	1 patty (137g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 370mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 12mcg	60%
Calcium 249mg	20%
Iron 1mg	6%
Potassium 373mg	8%
Vitamin A 127mcg	14%
Vitamin C 3mg	4%

*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.

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