



A Nutrition Resource

SALMON PATTIES

Yield: 6 Servings | Serving Size: 1 patty

Cost/serving: \$0.92

Ingredients:

- 1 (14.75 ounce) can salmon*
- 1 Tablespoon lemon juice
- Cold water
- 1/4 minced celery (optional)
- 1 Tablespoon minced green pepper (optional)
- 1/2 medium onion, minced
- 2 large eggs
- 1/3 cup breadcrumbs or cracker crumbs
- 2 Tablespoons all-purpose flour
- 1/8 teaspoon black pepper
- 1 Tablespoon vegetable oil

Directions:

- 1) Wash fresh vegetables (if using).
- 2) Collect, mince, and measure all Ingredients before starting to prepare the recipe.
- 3) Open salmon and drain liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make 1/2 cup liquid total and set aside.
- 4) Put the salmon in a separate mixing bowl. Mix In the celery (if using), green pepper (if using), and onion.
- 5) In another small bowl, beat the eggs. Then, add them to the salmon mixture.
- 6) Add the bread or cracker crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed together.
- 7) Use 1/3 cup measuring cup to measure salmon mixture. Shape Into a 1/2-inch-thick patty, and place on a plate. Repeat to make 6 patties.
- 8) Heat the oil in a skillet over medium heat, then add 3 patties.

Nutrition Facts

6 servings per container
Serving size 1 patty and 1 bun
(149g)

Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 530mg	23%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 10mcg	50%
Calcium 106mg	8%
Iron 2mg	10%
Potassium 398mg	8%

*The % Daily Value 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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- 9) Cook for about 2 to 3 minutes (or until golden brown) on each side.
- 10) Remove patties from skillet, and place on a clean paper towel-lined plate to drain. Cook remaining 3 patties, then serve Immediately.
- 11) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*Use canned salmon with bones to get extra calcium.

Be creative! Top with salsa or Pico de Gallo.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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