

Salmon Patties

Using canned salmon is a great, budget friendly way to eat this heart healthy fish. These Salmon Patties are so simple to make. Try eating them on a bun, on top of a salad, or on their own with one of our yummy side dishes. You can replace the salmon with canned tuna if you'd like, or try a combination of the two!

Makes: 9 Servings

Source: SNAP4CT.com recipe/Salmon Patties



Small Changes,
BIG Difference!

Ingredients

- 1 can (15 oz) salmon, canned in water, drained
- 1 cup cereal or crackers, whole-grain, crushed
- 2 large eggs, lightly beaten
- ½ cup 1% milk
- ¼ tsp black pepper
- 1 Tbs vegetable oil

Directions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
3. Shape into 9 patties.
4. Heat oil in a skillet.
5. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.



Nutrition Information

Serving Size: 1 patty

Nutrients	Amount
Calories:	120
Total Fat:	5 g
Saturated Fat:	1 g
Sodium:	210 mg
Total Carbohydrates:	5 g
Dietary Fiber:	0 g
Protein	14 g

Utensils Needed

- Mixing bowl
- Measuring Cups and Spoons
- Fork
- Skillet
- Spatula

My Cooking Notes

