



Crispy Salmon Patties



Recipe adapted from WSU SNAP-Ed

Ingredients



- 1 (14 oz.) can salmon
 - 2 eggs
 - 1 slice whole wheat bread, torn into small pieces
 - 1 medium carrot, shredded
 - 1/4 cup finely chopped bell pepper
 - 2 green onions, finely chopped
 - 1 garlic clove, minced or 1/2 tsp. garlic powder
 - 1/8 tsp. black pepper
 - 1/2 tsp. seasoning (paprika, chili powder, or dill weed)
 - 2 tsp. vegetable oil
- Yield: 6 servings
Serving Size: 1 patty



Directions



1. Wash outside of can. Open salmon, drain, and put in small bowl. Remove any bones and skin from salmon; break into chunks with a fork.
2. Break eggs into a large bowl. Whisk with fork. Add salmon, bread, carrots, red bell peppers, green onions, garlic, black pepper, and additional seasoning. Gently mix together until combined.
3. Form six patties, about 1/2 inch thick.
4. In a large skillet, heat oil over medium heat. Place patties in skillet and cook, uncovered, for about 3 minutes or until brown. Turn patties over with a spatula and cook another 3 to 4 minutes or until brown. Serve immediately.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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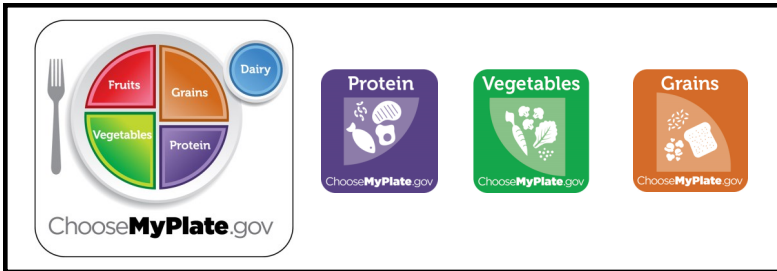
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Fast Facts



Featured Food Groups



Cooking Tips



- Make your own healthy salmon burger by serving with a whole wheat bun, tomato, lettuce, and onions!
- Patties can be frozen for two to three months before or after cooking.
- You can refrigerate patties for up to four days.

Nutrition Facts



Nutrition Facts

6 servings per container	
Serving size	1 patty
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 80mg	27%
Sodium 290mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 5.6mcg	30%
Calcium 39mg	4%
Iron 0.9mg	4%
Potassium 282mg	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.

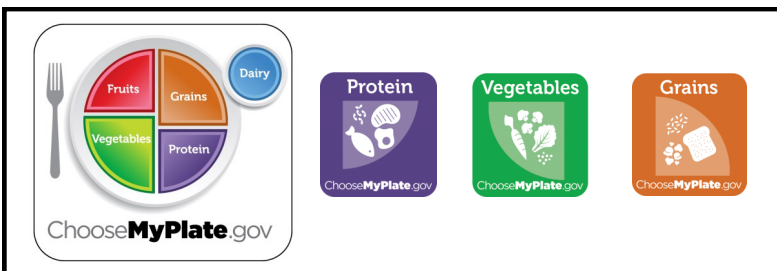
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