



# Homemade Salmon Patty



Adapted from (*FoodHero.org*)

## Ingredients



- 1 can (14.75 ounce) Salmon with bones, drained
- 1 slice of bread, torn into very small pieces
- 1 Tablespoon mayonnaise
- 1 Tablespoon lemon juice
- 1 egg, lightly beaten
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped or grated carrot
- 1/2 cup finely chopped onion



## Directions



**Yield:** 4 Patties **Serving size:** 1 patty

**Total cost:** \$7.78 **Serving cost:** \$1.95

1. Wash hands with soap and water
2. In a medium bowl, break up the salmon and mash bones with a fork. Remove skin if desired
3. Add the rest of the ingredients and mix well.
4. Firmly press about 1/2 cup of the mixture into a 1-inch thick
5. Lightly grease a large skillet and place it over medium heat
6. Add the patties and cook until they are golden brown, about 5-7 minutes per side.
7. Refrigerate leftovers within 2 hours

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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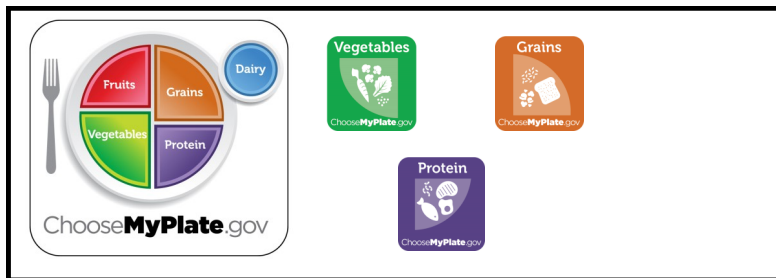
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try canned tuna or mackerel instead
- Use 1/4 cup dry bread crumbs instead of sliced bread
- Put it on a sandwich or burger & add your favorite toppings
- Add your favorite spices or seasonings!

Second Harvest is an equal opportunity provider.

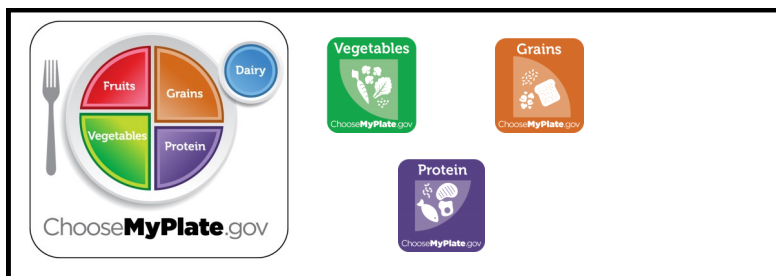
Nutrition Facts	
Serving Size 1 patty (138g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 160	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 22g	
Vitamin A 40%	Vitamin C 6%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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