



A Nutrition Resource

# SALMON PATTIES

**Yield: 6 Servings | Serving Size: 1 patty**

## 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	
<b>Calories 280</b>	
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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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