

Salmon Patties

Yield: 9 servings

INGREDIENTS

1 can (15 1/2 ounces) salmon, drained
1 cup whole-grain crushed cereal or crackers
2 large eggs, lightly beaten
1/2 cup 1% milk
1/8 teaspoon black pepper
1 tablespoon vegetable oil

INSTRUCTIONS

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. In a skillet, heat oil over medium heat.
7. Carefully brown both sides until patty is thoroughly cooked.

NOTES

Serving Size: 1/9 of recipe

Nutrition Facts per Serving:

Calories 110

Total fat 4.5g

Saturated fat 1g

Sodium 270mg

Protein 12g

Source: SNAP-Ed Connection