Salmon Patties

Yield: 9 servings

1 can salmon (15 1/2 ounce, drained)

1 cup cereal or crackers (whole grain, crushed)

2 egg (large, lightly beaten)

1/2 cup milk (1%)

1/8 teaspoon black pepper

1 tablespoon vegetable oil

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

Cost

Per recipe: \$3.78 Per serving: \$0.42

Source

Missouri Nutrition Network. Eat for Health Toolkit Optional Additions from: ONIE Project & Colorado State University Extension

Notes

Replace the salmon with canned tuna fish. For fun. do a combination of the two!

Other optional additions to patties: 1/2 teaspoon lemon pepper, 1/4 cup finely minced celery, 1 Tablespoon finely minced bell pepper, 1/3 cup chopped onion, and/or 4 green onions, finely chopped.

Serving Size 1/9 of Servings Per Conta		01100	
Amount Per Serving			
Calories 110 0	alories	from Fa	t
		% Daily V	al
Total Fat 4.5g			7
Saturated Fat 1g	1		6
Trans Fat 0g			
Cholesterol 20mg			7
Sodium 270mg		-	11
Total Carbohydrai	te 5g		2
Dietary Fiber 1g			4
Sugars 1g			
Protein 12g			_
Vitamin A 2%	Vitar	nin C 09	6
Calcium 15%	Iron :	2%	
Percent Baily Values are diet. Your daily values rea			
depending on your calone	meeds:		
Caloria			-
Total Fat Lees th Saturated Fat Loss th		90g 25g	
Cholesterol Less th			
Sodum Less th		Oma 240	
Total Carbohydrate	300		
Dietary Fiber	75u	300	

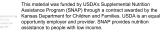
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	r Contair		
Amount Per Ser	rving		
Calories 11) Ca	lories fron	n Fat 4
		1% Di	ally Valu
Total Fat 4.5	5g		7
Saturated	Fat 1g		5
Trans Fat	0g		
Cholesterol	20mg		7
Sodium 270	ma		11
Total Carbo		5a	2
Dietary Fit	•	-9	
Sugars 1g	_		
Protein 12g			
Vitamin A 29	6 .	Vitamin (C 0%
Calcium 159	6 4	Iron 2%	
"Percent Bally Vi diet. Your diety vi depending on you	gives may	be higher or	
Total Fat	Less than	65g	BOg .
Saturated Fat Cholesterol	Loss than		25g 300mg
Sodum	Loss than		2,4001
Total Carbohydra		300g	375c

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This material was funded by USDA's Supplemental Nutrition This interial was indeed by Osbas Supplemental volution.

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