## 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)
12 cup milk ( $1 \%$ )
18 teaspoon black pepper
1 tablespoon vegetable oil

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. 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.


## 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)
12 cup milk ( $1 \%$ )
18 teaspoon black pepper
1 tablespoon vegetable oil

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