



National Commodity Supplemental Food Program

Salmon Patties

easy fritters made from canned wild salmon



Ingredients

- 1/4 cup diced onion (or 1/2 teaspoon onion powder)
- 1 clove minced garlic (or 1/2 teaspoon garlic powder)
- 1 can salmon
- 1 egg
- 1/2 cup breadcrumbs
- 1 tablespoon lemon juice
- 1 tablespoon Parmesan cheese
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 2 tablespoons cooking oil

Directions (only with simple kitchen tools)

- If using fresh onion and garlic, sauté in half of oil.
- Drain liquid from salmon can; discard liquid.
- Put salmon in bowl; remove most of bone and skin.
- Add vegetables, egg, breadcrumbs, lemon, cheese and spices to bowl; mix well.
- Heat oil in pan; form mix into patties.
- Cook patties for about 3 minutes on each side, or until browned.
- Try serving with hot sauce or cucumber yogurt dip.

CSFP Food Item Spotlight: Canned Pacific Wild-Caught Salmon

- high in heart-healthy omega-3 fatty acids, protein and calcium
- shelf-stable, affordable, fully-cooked and easy to use

Nutrition Facts	
# servings per recipe	8
Serving size	Patty (70g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 0g	
Cholesterol 45g	15%
Sodium 230g	10%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Includes 0g Added Sugars	
Protein 13g	
Vitamin D 6mcg	40%
Calcium 130mg	10%
Iron 1mg	5%
Potassium 170mg	4%
*The % Daily Value (DV) 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.	

Recipe Source: adapted from Simply Recipes