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**THE CENTER**  
for Health Improvement

# Crispy Salmon Patties

Recipe provided by: [www.extension.iastate.edu/foodsavings/recipes](http://www.extension.iastate.edu/foodsavings/recipes)

## Ingredients:

- 1 (14.75-ounce) can salmon, drained
- 1 egg
- 1 slice whole wheat bread, shredded, or 5 crushed saltine crackers
- 3 green onions, including the green stems, or 1/3 cup white onion, chopped fine (about 1/3 medium onion)
- 1 medium garlic clove, minced, or 1/8 teaspoon garlic powder
- Dash black pepper
- 1/2 teaspoon seasoning (paprika, chili powder, or dill weed)
- 2 teaspoons vegetable oil or olive oil

## Instructions:

1. Remove any large bones and skin from salmon. Break into chunks with fork.
2. Break egg into a large bowl. Whisk with fork. Add salmon, bread or crackers, onion, garlic, pepper and additional seasoning. Mix gently.
3. Form into 6 patties about 1/2 inch thick.
4. Heat oil over medium heat in a large skillet. Place patties in hot oil skillet. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side 3-4 minutes to a temperature of 145° F.
5. Serve immediately. Makes a good sandwich with whole wheat bread, tomato, lettuce and onions.

## Nutritional Information (Per serving):

Serves: 6  
Serving Size: 1 Patty

Calories: 140

Fat: 6 g

Saturated fat: 1 g

Cholesterol: 90 mg

Carbohydrates: 3 g

Sodium: 310 mg

Protein: 18 g

