

Salmon Cakes with Cucumber Sauce

Ingredients:

Cucumber Sauce:

2/3 cup diced cucumber
 2/3 cup plain low-fat yogurt
 1/4 teaspoon dill weed
 2 cloves garlic

Salmon Cakes

1 can salmon, 15 ounces
 1 can chickpeas, 15 ounces
 1 cup whole wheat bread crumbs
 1/2 cup fresh parsley or 2
 tablespoons dried
 2 tablespoons lime juice
 1/2 teaspoon ground cumin
 1/4 teaspoon salt
 2 egg whites
 1 tablespoon vegetable oil

Equipment:

Can opener
 Measuring cups
 Measuring spoons
 2 mixing bowls
 Nonstick skillet
 Spatula

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 20 minutes

Directions

1. Combine ingredients for the cucumber sauce and set aside.
2. Drain and rinse for 30 second the chickpeas. Place in a flat bottom bowl and mash.
3. Drain the salmon well and place in a bowl. Use a fork to remove skin if desired and mash bones. Add to chickpeas.
4. Add bread crumbs, parsley, lime juice, cumin, salt, egg whites, and gently mix. Use hands to mix ingredients together and shape into 12 patties.
5. Heat half of the oil in a large skillet on medium-high heat. When hot, add 6 patties and cook for about 4 minutes until golden on bottom. Carefully flip and continue to cook until other side is golden. Repeat with remaining oil and patties.
6. Serve with cucumber sauce.

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Nutrition Facts

Serving Size: 2 cakes with 1/4 cup sauce
 Servings: 6

Amount Per Serving			
Calories 302		Calories from Fat 81	
		%Daily Value*	
Total Fat 9g		14%	
Saturated Fat 2g		11%	
Cholesterol 42mg		14%	
Sodium 530mg		22%	
Potassium 505mg		14%	
Total Carbohydrate 32g		11%	
Dietary Fiber trace 5g		15%	
Protein 22g		44%	
Vitamin A 8%	Vitamin C 20%		
Iron 17%	Calcium 26%		

*Percent Daily Values are based on a 2,000 calorie diet.

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