

Eat Smart • Move More

Salmon Patties

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 1 tablespoon canola oil
- 15 ounces canned salmon
- 1 cup whole-wheat bread crumbs
- 1 bell pepper, diced
- 2 eggs, beaten
- 1 teaspoon onion powder
- 1/8 teaspoon ground black pepper

Nutrition Facts

8 servings per container	
Serving size	1 serving
	(107.28g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 400mg	17%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes g of Added Sugars	
Protein 18g	
Vitamin D 8mcg	40%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 246mg	6%

*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.

Directions

- Heat oil in a skillet to medium heat.
- While the skillet is heating, add salmon to a mixing bowl. Use a fork to crumble salmon into very small pieces.
- Add bread crumbs, bell pepper, eggs, onion powder, and ground black pepper to the mixing bowl and combine with salmon.
- Mix thoroughly and shape into patties.
- Add the patties to the skillet and cook until both sides are nicely browned, about 5 minutes on each side.

Quick Tips

- ▶ Try rolled oats or crushed whole-wheat crackers in place of whole-wheat bread crumbs.
- ▶ Bread crumbs not available? Make your own bread crumbs with stale bread!
- ▶ Seasoned bread crumbs contain more sodium.

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(Recipe adapted from SNAP-Ed Connection Recipe Finder, as listed at: <https://whatscooking.fns.usda.gov/>)

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