

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

\*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.

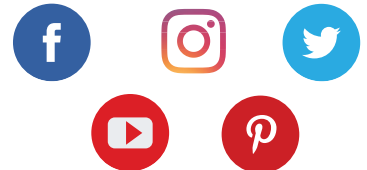
### Directions

- 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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