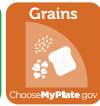


Eat Smart • Move More

Salmon Patties

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 1 tablespoon canola oil
- 15 ounces canned salmon
- 1 bell pepper, diced
- 1 cup whole-wheat bread crumbs
- 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 bell pepper, bread crumbs, 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.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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

www.eatsmartmovemoreva.org