

Crispy Salmon Cakes with Creamy Cucumber Salad

Serves 4

Ingredients:

Salmon cakes

1 large egg, lightly beaten
¼ cup whole-wheat breadcrumbs
2 tablespoons mayonnaise
½ teaspoon Old Bay seasoning
⅛ teaspoon ground pepper
2 (5 ounce) cans boneless, skinless salmon, drained and flaked
2 teaspoons olive oil

Salad:

¼ cup low-fat plain Greek yogurt
1 teaspoon Dijon mustard
1 teaspoon distilled white vinegar or lemon juice
¾ teaspoon dried dill
¼ teaspoon salt
1 large cucumber, thinly sliced
¼ cup thinly sliced red onion



Directions:

1. Stir together egg, breadcrumbs, mayonnaise, Old Bay and pepper in a large bowl. Gently mix in salmon. Shape into 8 ¼-inch-thick patties.
2. Heat oil in a large nonstick skillet over medium heat. Add the patties and cook until browned on the bottom, about 6 minutes. Flip the patties and cook until browned and heated through, about 6 minutes more.
3. Meanwhile, whisk yogurt, mustard, vinegar (or lemon juice), dill and salt in a medium bowl. Add cucumber and onion and toss to combine.

Nutrition Information Per Serving (2 Patties & 3/4 Cup Salad):

225 calories; fat 12g; cholesterol 110mg; sodium 598mg; carbohydrates 8g; dietary fiber 1g; protein 22g; sugars 2g; niacin equivalents 5mg; saturated fat 2g

Source: <https://www.eatingwell.com/recipe/7903940/crispy-salmon-cakes-with-creamy-cucumber-salad/#nutrition>
