

Salmon Patties

Serves 5

Ingredients:

1 (14.75 ounce) can of salmon

1 egg

¼ chopped onion

½ cup dry bread crumbs

1 tablespoon olive oil



Directions:

1. Drain and reserve liquid from salmon.
2. Mix egg, onion, bread crumbs, and salmon together in a bowl.
3. Make into batter 5 patties – if the mixture is too dry to form patties, add the reserved liquid from the salmon.
4. In a frying pan, heat olive oil. Place patties in pan and brown on each side.
5. Serve on a bun, salad, or with your favorite side dish!

Nutrition Information per serving:

Calories: 224, Total Fat: 9g, Saturated Fat: 2.1g, Unsaturated Fat: 6.9g, Cholesterol: 73.7mg, Sodium: 522.8mg, Carbohydrate 9 g, Fiber: <1g, Sugar: 1.1g, Added sugar: 0g, Protein: 22.3g

SOURCE: <https://www.allrecipes.com/recipe/9401/salmon-patties-i/>
