

Salmon Cakes

Salmon is rich in omega 3 fatty acids and a good source of Vitamin D. Salmon also provides vitamin B12, potassium and selenium. You can boost the fiber by using whole wheat breadcrumbs.



Ingredients

- ★ 2 teaspoons oil
- ★ 1 ½ teaspoons dijon mustard
- ★ 1/2 cup finely chopped onion
- ★ 1/2 cup panko breadcrumbs
- ★ 3 tablespoons finely diced celery
- ★ 1/2 teaspoon ground pepper
- ★ 2 tablespoons diced parsley
- ★ lemon wedge (optional)
- ★ 2 (6 oz) cans unsalted salmon
- ★ 1 large egg, lightly beaten

Directions

★ Step 1:

In a small skillet, add oil, onion and celery and cook until soft. Add parsley, stir, and remove from heat and move to a small bowl.

★ Step 2:

In a medium-sized bowl, add salmon, egg and mustard. Mix well. Add the onion mixture, panko, and pepper, and mix well. Shape the mixture into 8 patties, about ¼ cup each.

★ Step 3:

Heat 1 tablespoon oil in pan. Place 4 patties at a time in pan and cook until golden brown, about 2-3 minutes. Use a spatula and flip, cooking for another 2-3 minutes. Repeat with remaining 4 patties.

★ Step 4: Enjoy!

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