



# Salmon Patties

Prep Time: 20 min

Cook Time: 10 min

Makes 4 large or 8 small patties

## INGREDIENTS

- 1 can (~15 oz) pink salmon
- 1 egg (beaten)
- $\frac{1}{4}$ - $\frac{1}{2}$  cup saltine cracker or bread crumbs
- $\frac{1}{4}$  cup onion, finely chopped
- 1 tablespoon lemon juice
- dash of salt
- $\frac{1}{4}$  teaspoon pepper
- 2 tablespoons canola oil

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Beat the egg in a medium-sized bowl.
2. Drain the salmon (do not remove the bones; mash them in—this adds calcium) and place in the bowl with the egg. Mash with fork until no big chunks are left.
3. Starting with half of the crumbs mix all of the ingredients, except the canola oil. If the mixture seems too wet to make patties add remaining crumbs.
4. Form into 8 small patties or 4 large patties.
5. Heat the oil in a large non-stick skillet. Fry the patties over medium heat, turning them only once, until golden. (about 5 minutes per side). Enjoy!



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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.  
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