

# Salmon Patties

Serving Size: 1/9 of recipe

Yield: 9 servings






## Ingredients:

- 1 can (15½ ounces) salmon, drained
- 1 cup whole-grain, crushed cereal or crackers
- 2 large eggs, lightly beaten
- ½ cup 1% milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

## Preparation:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. In a skillet, heat oil over medium heat.
7. Carefully brown both the sides until patty is thoroughly cooked.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	½ oz
	Vegetables	--
	Fruits	--
	Dairy	0
	Protein	2 oz

Nutrient Totals	
Per Serving:	
Calories	110
Total Fat	4.5 g
Saturated Fat	1 g
Sodium	270 mg
Protein	12 g