



Salmon Patties

Salmon patties are great on their own, or you can serve them “burger style” on a bun. Either way, this is a simple way to work more heart-healthy seafood into your diet.

Ingredients

- 1 1-lb. canned salmon
- ½ cup diced mixed vegetables (e.g., red bell pepper, spring onions, cucumber)
- 2 TBSP lemon juice
- ¼ cup plain Greek-style yogurt
- 2 TBSP Dijon-style mustard
- ½ cup dry whole wheat breadcrumbs
- 2 tsp olive or canola oil (for cooking)

Directions

Mix all ingredients together except oil and shape into patties. Sauté in olive or canola oil until nicely browned on both sides. Makes 6 patties.

Per patty:

165

Calories

22g

Protein

8g

Carbs

4g

Fat