

## Salmon Cakes

*makes 2 serving*

### Ingredients

6 ounce can wild salmon  
2 tbsp mayonnaise  
squirt of dijon mustard  
dash of salt and pepper  
old bay seasoning to taste  
1 egg  
1 green onion, sliced  
2 tbsp panko crumbs  
1 lemon, squeezed



### Directions

1. Combine ingredients into a bowl, mix and end with a squeeze of fresh lemon.
2. Heat skillet on medium to medium high, spray with cooking spray (or use olive oil), and cook on each side 4-5 minutes.

Nutrition per Serving: Calories 295, Total Fat 15g, Carbs 4g, Protein 37g, Fiber 0g. Sugars, 1g