

Salmon Cakes

Servings: 2

RECIPE BOX

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

STEP 1: Combine ingredients into a bowl, mix and end with a squeeze of fresh lemon.

STEP 2: Heat skillet on medium to medium high, spray with cooking spray (or use olive oil), and cook on each side 4-5 minutes.

GF Choose gluten free bread crumbs.

V Replace salmon with shredded eggplant.

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