



# Salmon Patties

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Cost per serving:** \$0.64

## What you need:

### Utensils:

- Measuring cups & spoons
- Can opener
- Mixing spoon
- Spatula
- Cutting board & knife
- 3 mixing bowls
- Fork
- Skillet

### Ingredients:

- ¼ cup finely minced celery
- 2 tablespoons finely minced green onion
- 1 tablespoon finely minced bell pepper
- ⅓ cup chopped onion
- 1 can (15 ounces) boneless, skinless salmon
- 1 tablespoon lemon juice
- 2 medium eggs, beaten
- ⅓ cup bread crumbs
- 2 tablespoons flour
- 2 tablespoons vegetable or canola oil
- cold water
- pepper to taste

### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Drain salmon liquid into a mixing bowl, add lemon juice and enough cold water to salmon liquid to make ½ cup.
4. Place salmon in a separate mixing bowl.
5. Wash and cut celery, green onions, bell pepper and white onion. Add to salmon.
6. In a separate bowl, beat eggs then add eggs to salmon.
7. Mix all remaining ingredients into salmon mixture.
8. Add ½ cup of salmon liquid to salmon mix.
9. Fill a ⅓ cup with salmon mixture and gently place onto skillet.
10. Repeat to make 6 patties.
11. With spatula, flatten each ⅓ cup portion on the skillet into ½ inch thick patties.
12. Cook patties until golden brown on each side.
13. Remove patties from skillet and place on a clean paper towel to drain.
14. Serve immediately.



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## Nutrition Facts

Serving Size 1 pattie  
Servings Per Container 6

Amount Per Serving

**Calories 210**    Calories from Fat 90

% Daily Value\*

**Total Fat 10g**    **15%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 105mg**    **35%**

**Sodium 350mg**    **15%**

**Total Carbohydrate 8g**    **3%**

Dietary Fiber 1g    **4%**

Sugars 1g

**Protein 22g**

Vitamin A 6%    •    Vitamin C 6%

Calcium 4%    •    Iron 10%