



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%