

# Salmon Cakes

Try these salmon loaves on a whole wheat bun or over a bed of lettuce or just by themselves!

Makes: 3 servings

Servings: 1 cake/loaf (1.5 oz cooked)

Prep time: 20 minutes

Cook time: 15 minutes

Source: <http://teamn nutrition.usda.gov>

## Ingredients

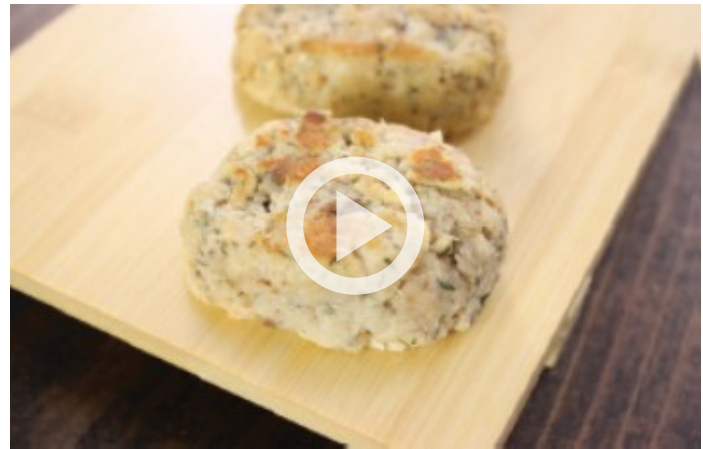
- 1 cup cooked salmon, skinless, boneless (fresh, frozen, or canned - drained and flaked)
- 1 egg, large, slightly beaten
- 1/4 cup fresh chopped onion
- 1/4 cup tomatoes (fresh or canned low sodium/ no added salt)
- 3 Tablespoons fresh cilantro
- 1/2 cup whole-wheat breadcrumbs
- 1 Teaspoon of onion, dried, minced
- 1 Tablespoon lemon pepper seasoning

### Optional

- 2 cups of salad greens
- 1/4 cup red peppers,
- 1/2 cup of beets (fresh or canned)
- Whole wheat buns or whole grain flat bread
- Guacamole

## Utensils Needed

- Knife
- Cutting Board/Mat
- Colander
- Baking Sheet
- Medium Bowl
- Fork



## Small Changes, BIG Difference!

Click image to watch recipe video.



## Directions

1. Wash hands.
2. Preheat oven to 350 degrees.
3. In a medium bowl, break salmon apart with a fork.
4. Add egg, tomatoes, onions, cilantro, breadcrumbs and rest of the spices and mix together.
5. Divide salmon mixture into 3 even portions (about 3oz each).
6. Shape each portion into a salmon cake/loaf and place on a baking sheet.
7. Bake for 15 minutes.

### Optional serving choices:

1. Serve one salmon cake as part of a salad with lettuce, tomatoes, cucumbers and sliced beets.
2. Serve salmon cake as a burger using whole wheat buns. Add one salmon cake, lettuce, cucumbers, beets and guacamole (optional).

# SHOPPING LIST

Average total cost without oil and seasonings for salmon cake on whole wheat buns: \$11.10

Average cost/serving: \$1.51













Average total cost without oil and seasonings for salmon cake on salad greens with vegetables: \$14.46

Average cost/serving: \$1.92

Recipe makes: 3 servings - 3 oz each

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Salmon	<input type="checkbox"/>		Add 1 to Cart Minced Onion
<input type="checkbox"/>		Add 1 to Cart Egg	<input type="checkbox"/>		Add 1 to Cart Tomato
<input type="checkbox"/>		Add 1 to Cart Onion	<input type="checkbox"/>		Add 1 to Cart (optional) Whole Wheat buns
<input type="checkbox"/>		Add 1 to Cart Bread Crumbs	<input type="checkbox"/>		Add 1 to Cart (optional) Lettuce
<input type="checkbox"/>		Add 1 to Cart Lemon & Pepper seasoning	<input type="checkbox"/>		Add 1 to Cart (optional) Beets
<input type="checkbox"/>		Add 1 to Cart Cilantro	<input type="checkbox"/>		Add 1 to Cart (optional) Red Pepper

## SAVE TIME, SAVE MONEY

- Leftover salmon cakes can be stored, covered tightly, in a container in the refrigerator. Use within 3 days.
- Refrigerate prepared salad and store in a plastic bag for 3-5 days.

### Nutrition Information

Serving Size: 1 salmon cake	
<b>Nutrients</b>	<b>Amount</b>
Calories:	82
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	51 mg
Sodium:	197 mg
Total Carbohydrates:	3 g
Dietary Fiber:	0 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	11 g