

## Salmon Patties

Makes: 6 (1 patty) servings

Preparation Time: 20 minutes

Cooking Time: 10-20 minutes



EL PASO COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

### Ingredients

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

### Nutrition Facts

Serving Size (110g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 130mg	<b>43%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 20g	

### Directions

1. Drain salmon liquid into a measuring cup, add lemon juice and enough cold water to the salmon liquid to make ½ cup, set aside until step #5.
2. Place salmon in a separate mixing bowl.
3. Add celery, bell pepper, and onion to the salmon.
4. In a separate bowl, beat the eggs. Add the eggs to the salmon mixture.
5. Add the bread crumbs (or cracker crumbs), flour, pepper, and the salmon liquid mixture to the salmon mixture and stir until all ingredients are mixed together uniformly.
6. In a skillet or pan over medium high heat, heat up the vegetable (or canola) oil.
7. Fill a measuring cup with salmon mixture to ⅓ cup and gently place in the skillet or pan. Repeat to make 6 portions.
8. With spatula, flatten each portion on the skillet or pan into ½ inch thick patties.
9. Cook patties for about 5 minutes on each side, or until golden brown.
10. Remove patties from skillet and place on a clean paper towel to drain.
11. Serve immediately.