

SALMON PATTIES

INGREDIENTS:

- 1 (5 oz.) can salmon, drained
- 3 crackers, crushed
- 1/2 egg, beaten
- ½ packet mayonnaise
- 2 tsp. oil, divided
- Salt and pepper
- Green onions, bell peppers, or celery, chopped (optional)



DIRECTIONS:

1. Crush crackers in bag to make breadcrumbs.
2. Crack and whisk egg in separate bowl.
3. In a medium sized bowl, combine salmon, crushed crackers, egg, mayonnaise, and 1 teaspoon oil. Season with salt and pepper. If using veggies, add as well.
4. Shape salmon into two patties and refrigerate 20-30 minutes to firm up, if needed. If mixture is too wet, add another cracker or some breadcrumbs until consistency sticks.
5. Heat remaining oil in a skillet over medium heat. Add salmon patties and cook 1-2 minutes per side, until browned and cooked through.

Fun Facts!

- Salmon is packed with omega-3, which boosts brain health.
- The fishy taste of seafood is found mainly in the skin. Use lemon juice to cut down on any fishy taste.