

Salmon Patties

Ingredients:

- 1 tablespoon vegetable oil
- 15 ounces salmon, canned
- 1 cup whole wheat bread crumbs
- 1/2 cup milk, 1% low-fat
- 1/8 teaspoon black pepper
- 2 eggs

Equipment:

- Can Opener
- Measuring Cups
- Measuring Spoons
- Bowl
- Non stick skillet
- Spatula

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Heat oil in skillet to medium.
2. While skillet is heating, open can of salmon and add to bowl. Use a fork to remove skin and mash bones.
3. Add bread crumbs, milk and pepper to bowl, gently mix.
4. Crack egg into a glass bowl and check for shells and freshness. If it is OK, add to a separate bowl. Repeat for second egg. Use a fork and beat eggs until yolk and whites are mixed together. Be sure to wash hands after handling eggs. Add to bowl with salmon.
5. Use hands to mix ingredients together and shape mixture into eight patties.
6. Add patties to skillet, and cook on both sides until they are nicely browned on both sides, 12 to 15 minutes.

**TIP: Replace the salmon with canned tuna fish.
 For fun, do a combination of the two!**

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Nutrition Facts	
Serving Size: 1 patty	
Servings: 8	
Amount Per Serving	
Calories 166	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	8%
Cholesterol 83mg	28%
Sodium 430mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	6%
Protein 15g	29%
Vitamin A 2%	Vitamin C 0%
Iron 8%	Calcium 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

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