

Sensational Salmon Patties

What You'll Need

Salmon Patties

cooking spray
1 teaspoon vegetable oil
1/4 cup finely chopped onion
1/4 cup finely chopped celery
1 egg white, lightly beaten
3/4 cup finely crushed fat-free saltine crackers
1/4 teaspoon freshly ground black pepper
2 7.5-ounce cans salmon, drained, bones and skin removed

Yogurt Sauce

1/2 cup fat-free yogurt
2 teaspoons capers (look for them at your store near the pickles and olives)
1/2 teaspoon lemon juice
1/4 teaspoon ground black pepper
4 buns (toasted, if desired)

Serves 4

Let's Cook!

- 1 Mix yogurt sauce ingredients in a bowl and refrigerate.
- 2 Spray medium pan with cooking spray, add 1 teaspoon of oil and heat over medium heat.
- 3 Add onion and celery; sauté about 5 minutes; stir mixture to avoid burning.
- 4 Combine onion and celery mixture, 1/2 cup crackers, black pepper, salmon and egg white in a medium bowl.
- 5 Divide salmon mixture into 4 equal portions, shaping each into patties.
- 6 Coat each patty with the remaining crackers. Cover and refrigerate for 30 minutes.
- 7 Spray medium skillet with cooking spray.
- 8 Over medium heat, cook patties for 5 minutes on each side or until lightly browned.
- 9 Serve the salmon patty with yogurt sauce, plain or on a bun.

Nutrition Facts

Serving Size (175g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 30g	
Vitamin A 4%	• Vitamin C 6%
Calcium 6%	• Iron 8%

Nutrition Facts do not include bun