

## Salmon Patties (Makes 9 servings)

SNAP-ed Connection



### **Ingredients:**

- 1 can (15 ½ oz.) salmon, drained
- 1 cup whole-grain crushed cereal/crackers (consistency of crumbs)
- 2 large eggs, lightly beaten
- ½ cup 1% milk
- 1/8 tsp. black pepper
- 1 Tablespoon vegetable oil

### **Directions:**

1. Use a fork to flake salmon until very fine.
2. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
3. Shape into 9 patties.
4. In a skillet, heat oil over medium heat. Carefully brown both sides until patty is thoroughly cooked through.

*\*Optional additions: ½ teaspoon lemon pepper, ¼ cup minced celery, ¼ cup minced bell pepper*

**Nutrient content per serving : Calories: 110; Total fat: 4.5 g; Sodium: 270 mg; Total Carbohydrate: 5 g; Dietary fiber: 1 g; Protein: 12g**

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