

# So Easy to Make Salmon Cakes

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Enjoy the health benefits of salmon in this quick and easy salmon patty recipe from a cookbook by the American Dietetic Association and Food and Culinary Professionals.

## Anna's Salmon Cakes

by Robin Thomas, M.S., R.D., L.N.

Crab cakes are famous here in Maryland, but not always practical or affordable. This quick and easy recipe uses ingredients that can be kept on hand for preparation on busy days. Anna was my mother-in-law who prepared simple but delicious meals. This is one of the recipes she typed up for me when I married her son.

**Serves:** 2

**Hands-on time:** 10 minutes

**Cooking time:** 10 minutes

- 1 7-1/2 ounce can salmon, drained, skin removed
- 1/4 cup plain, dry bread crumbs
- 1/2 cup finely chopped red onion
- 2 tablespoons chopped fresh dill, or 1 teaspoon dried
- 1 egg, lightly beaten
- 1 tablespoon reduced-fat mayonnaise
- 2 teaspoons horseradish
- vegetable oil cooking spray

1. Mix all the ingredients except the cooking spray in a medium-size bowl.
2. Form into 4 equal-size patties.
3. Coat a medium nonstick pan with the cooking spray; heat over medium-high heat.
4. Cook the salmon cakes on both sides until golden brown.

**Nutrition per serving** (Serving size: 2 patties): Calories: 280 kcal, Fat: 11 g, Saturated fat: 2.5 g, Cholesterol: 155 mg, Sodium: 300 mg, Carbohydrates: 16 g, Dietary fiber: 1 g, Protein: 27 g

**Nutrition Nugget:** This is an easy and inexpensive way to reel in omega-3's, fish fat with anti-inflammatory Properties That May Also Help Fight Heart Disease.

**Substitution:** Chili sauce may be used instead of horseradish.

Recipe provided courtesy of John Wiley & Sons. From: *American Dietetic Association Cooking Healthy Across America* by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA. © 2005, John Wiley & Sons.

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