



Salmon Patties

Ingredients	Directions
1 can of salmon	STEP 1: Drain and rinse canned salmon and spoon into bowl
1 tbsp mayonnaise ¼ cup celery ½ cup bell pepper (any colour) ¼ cup onion 1 egg ½ - ¾ cup instant oats to taste 1 tbsp parsley Other spices as desired	STEP 2: Mix salmon mayonnaise, pepper, onion, egg, oats and spices. Use additional mayo or yogurt for a more moist patty
	STEP 3: Use your hands to shape mixture into medium sized patties.
1 tbsp vegetable or olive oil	STEP 4: Heat oil in frying pan on low to medium heat. Cook patties on medium heat until golden brown.

Yield: 4 patties

Dietitian's Tips

- Look for canned salmon sold in water and not oil to reduce fat intake
- An excellent way to use up leftover patties is to crumble them over a green salad and have it for lunch!
- Serve with brown rice or roasted potatoes with some steamed or stir fried veggies on the side for a hearty dinner your whole family will love!

Nutrition Guide

high fibre
source of iron

low fat
source of calcium

no cholesterol
low sodium