

Salmon Patties

Serves 4



INGREDIENTS

- 1 (14.75 oz.) can salmon
- 1 egg
- 1/4 cup chopped onion
- 1/2 cup seasoned dry breadcrumbs
- 1 tablespoon vegetable oil

DIRECTIONS

1. Drain salmon and place into large bowl, removing bones.
2. Mix in egg, onion and bread crumbs and form into patties.
3. Heat vegetable oil in skillet, brown each side, turning once.
4. Drain on paper towels and serve.

Nutritional Information:

Calories per Serving: 250

Fat: 13 g

Protein: 25 g

Carbohydrates: 12 g

Fiber: 2 g



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