

# Dillicious Salmon Cakes



Yield: 4 Patties



## Ingredients:

Canned salmon, with skin and bones, drained*	1 can (7.5 oz)	213 g
Eggs, whisked	2 large	
Dijon mustard	½ tsp	2.5 mL
Garlic, minced	2 cloves	
Lemon, zest and juice	1 small	
Green onion, minced	2	
Fresh dill**	2 tbsp	30 mL
Dry breadcrumbs	4 tbsp	60 mL
Salt & pepper	to taste	
Olive oil	1 tbsp	15 mL

## Coating (optional)

Bread Crumbs	½ cup	125 mL
Cooking spray		

\*Note: Versions with skin and bones will show calcium on the nutrition facts table.

\*\*Note: Use parsley instead of dill if preferred.

## Instructions:

1. Drain the salmon, bones and skin thoroughly, discarding the liquid. Place the drained salmon, bones and skin in a large bowl. Flake with a fork into small pieces.
2. Add the whisked eggs, Dijon mustard, garlic, lemon zest and juice, green onion, and dill. Stir to combine.
3. Stir in the dry breadcrumbs, salt and pepper.
4. Using your hands, portion mixture into 4 equal patties. If the mixture is too moist to hold the patty shape, add more breadcrumbs. If it is too dry, moisten with additional lemon juice or water. Form patties of similar size and shape for uniform cooking. Set aside.
5. In a non-stick pan, heat the olive oil over medium heat.
6. Pour breadcrumbs on a plate or shallow dish. Coat each patty in panko and then lightly spray with cooking spray.
7. Add patties to pan and gently flatten. Sear for approximately 3 minutes each side, until golden brown and firm.
8. If patties are brown but not yet firm, reduce heat to low, cover, and cook for another few minutes.

## Culinary Notes:

- For a balanced meal: serve warm with a dollop of savory ranch dip, sautéed bok choy and a cooked whole grain.
- Smaller patties are easier to work with and cook more quickly.