

Salmon Patties



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 9

Prep: 5 minutes | **Cook:** 20 minutes

INGREDIENTS

- 1 can (15 ounces) salmon, canned in water, drained
- 1 cup crackers, whole-grain, crushed
- 2 large eggs, lightly beaten
- 1/2 cup 1% milk
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil

DIRECTIONS

1. Use a fork or clean fingers to flake salmon until very fine.
2. Add cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
3. Shape into 9 patties.
4. Heat oil in a skillet. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.



Nutrition Information	
<i>Serving Size: 1 patty</i>	
Calories	120
Total fat	5 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Carbohydrates	5 g
Fiber	0 g
Sugars	0 g
Protein	14 g

Recipe adapted from: SNAP4CT