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Salmon Patties

Canned salmon is a great item to keep in your pantry. It is an excellent source of omega-3 fatty acids -- one (four-ounce) portion contains up to 2.2 grams. Because there's no significant difference in omega-3 levels among salmon varieties, let flavor and texture guide your choices. There are three main types of canned salmon: pink, sockeye, and king (chinook). Pink salmon has the lightest color and mildest flavor. Sockeye has brighter salmon color and flavor. King salmon, a premium fish, also called chinook, is prized for its succulent texture and supreme flavor. Don't bother removing the skin and bones. The bones are soft and can be crushed up easily so you won't even know they are there. Plus, they add some calcium to your recipe!

Ingredients

1 (14 1/2 oz.) can wild pink or red salmon
1/4 - 1/2 cup finely diced shallot or onion
2 large eggs, lightly beaten
1/2 cup plus 2-4 Tbsp. panko bread crumbs
2 Tbsp canola oil
Unsweetened applesauce for dipping

Preparation

In a large mixing bowl, flake the salmon and crush up bones. Add the shallot, eggs, and 1/2 cup bread crumbs, and mix well. Using your hands, divide the mixture into 8 balls and flatten slightly to make patties. Dust lightly with additional bread crumbs.

In frying pan over medium heat, warm the 1 Tbsp. oil. Cook patties in two batches. When oil is hot, add half of the salmon patties and cook until golden on the underside, about 2 minutes. Turn the patties and cook until the second side is golden, 1-2 minutes more. Transfer to paper towels to drain briefly.

Yield: 8 servings (serving size: 1 patty)

Nutrition Information:

Calories: 168 Fat:11g (sat 1.6g) Cholesterol: 81.5mg Calcium: 9.2mg
Carbohydrate: 4.6g Sodium: 262mg Protein: 13g