

# Canned Salmon Patties

**Servings:** 4

## Ingredients

- 1 (15 ounce) can salmon, no salt added, drained
- 2 tablespoons Dijon mustard
- 2 eggs
- ¼ cup breadcrumbs
- 1 teaspoon black pepper
- 4 garlic cloves, minced or ½ teaspoon garlic powder
- Juice of 1 lemon or 2 tablespoons lemon juice
- 1 tablespoon oil

## Instructions

**STEP 1:** Combine all ingredients (except oil) in a large bowl and mix thoroughly with a fork.

**STEP 2:** Divide mixture into 4 equal portions. Use your hands to shape each portion into a patty.

**STEP 3:** Heat oil in a large pan over medium heat. Place patties in the pan and fry until golden brown on both sides, about 3 to 4 minutes per side. Serve warm.



- **Try this!** Serve as a burger on a whole wheat bun and add toppings like lettuce, tomatoes and onions, or over salad greens with CAFB's vinaigrette dressing recipe or with CAFB's citrus slaw recipe.
- **Shopping Tip:** Keep cans of salmon in your pantry for quick, nutritious, budget-friendly meals.



Per Serving: 280 Calories | 7g Carbs | 1g Sugar | 1g Fiber | 12g Fat (2.5g Sat Fat) | 31g Protein | 360mg Sodium

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