

salmon cakes

Serves: 5-10

Prep and Cook time: 30 min

Per serving: 314 calories, 18 g fat, 341 mg sodium

Oil for frying	1/2 red bell pepper, seeded and finely chopped	1 tsp hot sauce
3 (6-oz) cans salmon, drained well	1/4 cup chopped green onion (optional)	1 TBS lemon juice
1 1/2 cups bread crumbs	1/4 cup chopped fresh parsley or cilantro (optional)	2 tsp Old Bay seasoning
2 large eggs, beaten		

1. Heat a large, heavy skillet with 1/4 inch of frying oil over moderate heat.
2. Flake the salmon with a fork. Add crumbs to the bowl and work through the fish with your hands. Add the remaining ingredients to the bowl and combine well with your hands. If the mixture is a little wet, add a bit more crumbs.
3. Form 3-inch patties of salmon cakes 1-inch thick. You should yield 8 to 10 cakes. Fry cakes until golden in a single layer 3 or 4 minutes on each side. Drain on paper towel lined plate.
4. Mix together sauce ingredients and serve on top.

1/4 cup mayonnaise

1/4 cup plain yogurt

2 finely chopped green onions (optional)

1 or 2 TBS lemon juice

1 TBS chopped fresh parsley or cilantro (optional)

1/4 tsp salt and pepper to taste

