

Easy Salmon Patties

Makes crisp, delicious patties that many people enjoy with ketchup!

Ingredients

- 1 (14-15 ounce) can salmon
- 1 egg
- 1/2 cup seasoned dry bread crumbs
- 1/4 cup chopped onion or onion flakes (optional)



Directions:

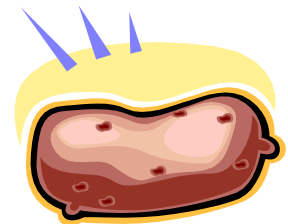
- 1 Drain and reserve liquid from salmon. Remove any large bones. Mix egg, onion, bread crumbs and salmon together.
- 2 Form into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
- 3 Spray frying pan with cooking spray or oil. Brown patties on each side, turning gently.
- 4 ENJOY!

Serves 5 *Note:* Salmon patties can be made up ahead of time and frozen.

Salmon Stuffed Potatoes

Ingredients

- 2 large potatoes
- 1 can salmon
- 1 Tbsp. pesto or parsley (optional)
- Freshly ground pepper to taste
- 2 Tbsp. Seasoned bread crumbs



Directions

1. Preheat oven to 400 degrees.
2. Bake potatoes until soft when squeezed, about 45 minutes (or microwave until soft).
3. While potatoes bake, place salmon in small bowl. Remove skin and large bones. With fork, mash salmon and blend in pesto or parsley. Season generously with pepper. Mix in bread crumbs.
4. When potatoes are done, cut them in half lengthwise. With fork, mash and fluff flesh of potato. Add salmon mixture to each, partially blending with fluffed potato, and serve.

Makes 4 servings, each containing 194 calories and 6 grams of fat.

Brought to you by the
Hunger Prevention Nutrition Assistance Program (HPNAP) and
FOODLINK