



## Salmon Patties

adapted from simplyrecipes.com

4 servings

- 2 6-ounce cans of salmon, undrained and flaked
- 1 slice of bread, shredded
- 3 Tbsp. chopped green onion
- 1 medium garlic clove, chopped
- 1 Tbsp. fresh dill weed or 1 teaspoon dried
- 3 Tbsp. minced green bell pepper
- 1 Tbsp. flour
- 1 egg
- ½ teaspoon paprika
- pinch of salt
- black pepper to taste

1. In a large bowl, lightly beat egg. Add remaining ingredients. Gently mix together
  2. Form 8 patties.
  3. Heat a non-stick griddle or skillet over medium heat. Cook till nicely browned on both sides, about 3 to 4 minutes per side.
- Nice served in a whole wheat pita or small hamburger bun.

### **Nutrition information:**

**Calories:** 153

**Total Fat:** 5g

**Saturated Fat:** 2g

**Cholesterol:** 76mg

**Sodium:** 518 mg

**Carbohydrate:** 9g

**Dietary Fiber:** 1 g

**Protein:** 18g