

WILD SALMON PATTIES

By Dr. Cindy Tanzar

Salmon patties are not only rich and satisfying, they are also inexpensive when using canned salmon, and a great source of protein, Omega-3 and calcium. In addition, they make an ideal pantry meal when you haven't had time to grocery shop or plan dinner.

Makes 2 servings.



INGREDIENTS

- 14-3/4 oz. can salmon
- 1 large egg
- 1 tsp. Dijon mustard
- Tbs. thinly sliced green onion or ½ tsp. onion powder
- ½ tsp. lemon pepper
- 1-2 tsp. chopped fresh dill (optional)
- ¼ tsp. red pepper flakes (optional)
- 1 tsp. paprika
- Pink Himalayan salt & freshly-ground pepper, to taste
- Avocado oil for sautéing

INSTRUCTIONS

1. Place salmon in a bowl, breaking up with a fork. Remove skin and larger bones, if desired, but it's safe to leave them in. They are a great source of calcium.



2. Add remaining ingredients, except oil, and gently mix until combined. Form into four patties with your hands and place on a flat plate. Refrigerate, covered, for at least 30 minutes or overnight to set.

3. Warm a griddle or large skillet over medium with enough oil to coat the bottom of the pan well. Place salmon patties in the pan and cook until golden brown on the underside. Carefully flip the patty (holding onto the top and sliding patty down the side of the pan to avoid splattering and falling apart). Cook until the other side is golden brown. (The salmon is already cooked, so you are just browning and heating.)