

Salmon Patties

Yield 9 servings

Ingredients

1 can	salmon (15 1/2 ounce, drained)
1 cup	cereal or crackers (whole-grain, crushed)
2	egg (large, - lightly beaten)
1/2 cup	milk (1%)
1/8 teaspoon	black pepper
1 tablespoon	vegetable oil

Instructions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Cost

Per recipe: \$5.34
Per serving: \$0.59

Source

Missouri Nutrition Network, Eat for Health Toolkit

Notes

Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Nutrition Facts	
Serving Size 1/9 of recipe (77g)	
Servings Per Container 9	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 12g	
Vitamin A 2%	• Vitamin C 0%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	