Easy Salmon Patties

**Ingredients**
Non Stick Spray
1 can or 14.75 oz of skinless, boneless salmon, drained and flaked
2 Tbsp low fat mayonnaise or plain Greek yogurt
1/4 cup dry bread crumbs
1/4 cup chopped green onions
1 egg white
1 Tbsp lemon juice

Optional: Lemon wedges, or add fresh parsley and seasonings of choice such as garlic powder, chili powder, red pepper flakes

**Preparation**
Preheat oven to 425°F. In a medium bowl combine salmon, mayo/ yogurt, breadcrumbs, green onion, egg white and lemon juice. Consistency should be moist. Mix well and shape into 4 inch patties about 1/2 inch thick. Coat baking sheet with non-stick spray. Place patties on the sheet and bake for 15 minutes, turning after 8 minutes. Let cool and serve with lemon wedge.

**Yield:** 4 servings

*per serving: 214 Calories | 9g Fat | 23g Protein | 550mg Sodium | 11g Carbohydrates*