

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