



Super Salmon

Salmon is a health food loaded up with the healthy omega 3 fatty acids. These healthy fats are known to do so much good in the body and continue to be researched. Some benefits are correlated to a healthy heart. They may also benefit inflammatory conditions.

Choose wild caught when you can. A cost effective and practical way to get wild caught salmon is in the can. And salmon in this form is perfect for making a salmon pate or salmon patties. Try this easy and tasty recipe found below.



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Salmon Patties

Yields approximately 12 patties

You'll Need:

- 16 ounces canned salmon
- 1 small onion finely chopped
- ¼ cup fresh parsley, finely chopped
- 2 eggs, well beaten
- 1 ¼ cups dried bread crumbs split into ¾ cup and ½ cup
- ¼ teaspoon cayenne
- Butter for cooking patties
- Salt and pepper to taste



Directions:

- Place the salmon and the liquid that is found in the can into a mixing bowl. Flake it with a fork.
- Mix in onion, parsley, cayenne, salt and pepper.
- Mix in beaten eggs.
- Add ¾ cup of bread crumbs to shape into patties. Then roll the patties in the extra bread crumbs.
- Melt butter in a skillet over low heat. Then cook patties until browned on both sides.

Note: This recipe is a base. Try using different spices and herbs such as dill or cilantro.