



Salmon Patties

This is an easy, inexpensive dish using canned salmon. Talk about old-fashioned comfort food at its best!

By Libby Showalter, MS, RD, LD

Ingredients

- 1 (14.75 ounce) can canned salmon
- ¼ cup chopped onion
- 1 egg
- ½ cup dry bread crumbs
- 2 Tablespoons oil
- ½ teaspoon Mrs. Dash
- Salt and pepper to taste

Directions

1. Drain and reserve liquid from salmon.
2. Mix salmon, onion, egg, and breadcrumbs together.
3. Make into equal size patties. If mixture is too dry to form into patties, add some reserved liquid from salmon.
4. In a frying pan, heat oil. Place patties in pan. Brown on each side, turning gently.
5. Drain on paper towels and serve immediately.