SALMON FRITTERS

COOK TIME: 15 min

SERVINGS: 3-4

INGREDIENTS

- 1 can (14–15 oz) salmon, drained, bones removed
- 2 eggs
- ½ cup breadcrumbs or crushed crackers/plain cereal
- 1/4th cup finely diced onion
- 1 tabsp mayonnaise or plain yogurt
- 1-2 tsp garlic powder
- Season to preference (paprika, parsley, etc).
- Black pepper to taste
- 1-2 tbsp oil for cooking

PREPARATION

1. In a bowl, mix salmon, egg, breadcrumbs, onion, mayonnaise and seasonings.
2. Form into 4-6 small patties.
3. Heat oil in a skillet over medium heat.
4. Cook patties for 3–4 minutes per side, until golden brown and heated through.
5. Serve warm with pasta, rice, potatoes or any other sides.



NOTES

Pair with a simple cream based sauce:

- Yogurt/sour cream + Worcestershire sauce
- Yogurt/sour cream + dill + lemon + garlic + black pepper + a pinch of salt