



Salmon Cakes



Where service *and savings* matter.

SERVINGS: 4

(2 cakes per serving)

INGREDIENTS:

- 1 14.75-oz can Honey Boy Pink Salmon
- 1/3 cup fat-free milk
- 2/3 cup Gia Russa whole grain bread crumbs
- 2 eggs
- 1 tsp salt
- Pinch cayenne pepper
- 1 Tbsp fresh lemon juice
- 3 Tbsp chopped fresh parsley (or 1 Tbsp dried)
- 1 cup cornflakes, crushed
- Lemon wedges for garnish

NUTRITIONALS

Nutritional analysis per serving:
 calories 220, calories from fat 100,
 total fat 11g, saturated fat 2.5g,
 cholesterol 170mg, sodium
 1150mg, total carbohydrate 8g,
 dietary fiber 0g, sugars 2g, protein
 24g, vitamin A 10%, vitamin C 10%,
 calcium 20%, iron 15%

DIRECTIONS:

- Place top rack in oven 4 inches from heat source; preheat broiler. Spray baking sheet and wire rack with cooking spray. (Baking sheet should be large enough to hold wire rack.)
- Drain fish and separate into fine flakes.
- In medium-sized bowl, combine fish, milk, bread crumbs, eggs, salt, pepper, lemon juice and parsley; mix well.
- With floured hands, shape mixture into 8 flat cakes (2 1/4 oz each). Coat each side of cake in crushed cornflakes.
- Place cakes directly on baking sheet; broil 3 to 5 minutes, or until browned.
- Remove cakes from oven; place cakes, browned side down, on wire rack. Place wire rack on baking sheet and return cakes to oven. Broil another 3 to 5 minutes, or until browned on top side.
- Serve hot with fresh lemon wedges.

Source: Neill Carter, Lubbock

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Shopping List

PRODUCE:

- 2 Lemons
- Fresh parsley

MEAT/POULTRY/SEAFOOD:

- 1-14.75 oz. Can Honey Boy Pink Salmon

DAIRY:

- Fat free milk
- Eggs

WHOLE GRAINS/ BREADS/PASTA:

- Gia Russa whole grain bread crumbs

SPICES/SEASONINGS:

- Salt
- Cayenne pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Corn flakes cereal

FOLD