

SALMON PATTIES *with* DIJON YOGURT SAUCE

INGREDIENTS

FOR SALMON PATTIES:

2 Tablespoons Greek yogurt
1 Tablespoon lemon juice
1 1/2 Tablespoons Dijon mustard
1/4 cup green onions, chopped
2 Tablespoons red bell pepper, diced small
1/2 teaspoon garlic powder
1/4 teaspoon kosher salt
Pinch of Cayenne (Optional)
10oz Canned Salmon (Flaked)
1 large egg, lightly beaten
1 cup Panko breadcrumbs
1 Tablespoon Canola Oil

FOR THE SAUCE:

2 Tablespoons Greek yogurt
1 teaspoon Dijon Mustard
1 teaspoon lemon juice
1 Tablespoon fresh parsley, chopped
1/2 teaspoon garlic, minced
1/8 teaspoon salt

DIRECTIONS

1. Mix together the yogurt, lemon juice and Dijon mustard. Add the green onion, red pepper, garlic powder, salt, cayenne and salmon. Mix thoroughly.
2. Add the egg, mix thoroughly. Mix in the panko and form 4 equal sized patties.
3. Heat the oil in a large non-stick skillet over medium high heat, and cook the patties until brown, about 5 minutes on each side.
4. To make the sauce, mix together yogurt, Dijon mustard, lemon juice, parsley, capers, garlic and salt.
5. Spoon the sauce over the finished salmon patties.

NUTRITION FACTS

Calories: 47 cal, Carbohydrates: 3.2g, Fiber: 1g, Sugar: 0.5g (0g added sugar), Protein: 1.2g, Fat: 3.6g, Saturated fat: 0.5g, Cholesterol: 0mg, Sodium: 16mg

YIELD: 4 servings

SOURCE: Chef Eric Meade, Mount Carmel Health System



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