



Salmon Cakes with Ginger Sesame Sauce

Prep: 20 minutes | Cook: 20 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 2 salmon cakes

Ingredients

6 slices whole-wheat sandwich bread
Two 15-ounce cans salmon, drained and picked over for skin and bones
2 large eggs, lightly beaten
5 green onions (white and green parts)
1/4 cup finely chopped fresh cilantro
1/2 teaspoon freshly ground black pepper
3 teaspoons olive oil
Ginger-Sesame Sauce (see separate recipe)

Recipe Notes

- Salmon is a good source of omega-3 fatty acids for heart health and Vitamin D for bone health!

Directions

1. Remove the crusts from the bread, tear into pieces and process in a food processor until you get fine bread crumbs.
2. In a large bowl, flake apart the salmon with a fork. Add the eggs and mix well.
3. Finely chop 4 of the green onions and add to the bowl.
4. Add cilantro, pepper, and the bread crumbs and mix well.
5. Shape the mixture into 12 patties.
6. In a large nonstick skillet, heat 1 1/2 teaspoons oil over medium heat. Add 6 patties and cook for 5 minutes on each side.
7. Transfer cooked patties to a plate and cover with aluminum foil to keep warm. Add remaining 1 1/2 teaspoon oil to pan and cook the rest of the salmon cakes in the same way.
8. Chop the remaining green onion to use as garnish. Serve with Ginger Sesame Sauce.

Nutrition Facts Per Serving: Calories: 225 | Total Fat: 8g | Saturated Fat: 2g
Sodium: 350 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3 g | Protein: 18 g

Adapted from | Ellie Krieger, *The Food You Crave, Luscious Recipes for a Healthy Life.*



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