



Curried Salmon Patties

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 1 serving | Serving Size: 3 patties

Ingredients

Nonstick cooking spray
1 teaspoon olive oil
⅓ cup grated onion (about ½ medium onion)
2 teaspoons curry powder
⅛ teaspoon ground black pepper
1 (5-ounce) can salmon in water, bones and skin removed if included, drained (can substitute two 2.5-ounce pouches or one 5-ounce pouch)
3 tablespoons uncooked quick (1-minute) oats
1 tablespoon olive oil mayonnaise
1 tablespoon lemon or lime juice (about ¼ medium lemon or ½ lime)

Directions

1. Preheat the oven to 375°F.
2. Line a baking sheet with parchment paper or aluminum foil. Coat with nonstick cooking spray, then set aside.
3. Heat a medium skillet or sauté pan over medium heat. Add the oil and heat until shimmering.
4. Add the onion and cook until lightly browned, about 3-5 minutes, stirring often.
5. Add the curry powder and black pepper. Cook until fragrant, about 1-2 minutes, then transfer to a medium mixing bowl.
6. Add the salmon, oats, mayonnaise, and lemon or lime juice to the bowl and stir to combine.
7. Divide the mixture into three portions (⅓ cup each). Shape into patties about ½-inch-thick, then place on the prepared baking sheet.
8. Spray the patties with nonstick cooking spray, then bake until lightly browned, about 12-15 minutes. Serve warm.

Recipe Notes

- Old-fashioned (rolled) oats can be used, if desired. Grind into small pieces in a blender or food processor.
- The patties can also be cooked in the skillet on the stovetop until browned, about 3-4 minutes on each side.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 13 g | Saturated Fat: 1.5 g
Sodium: 535 mg | Total Carbohydrate: 17 g | Dietary Fiber: 2.5 g | Protein: 37 g**

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