

## **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

1/2 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**

- 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 (½ 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

