

Quick Dilly Salmon Cakes

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 4

Serving Size: 3 small “cakes”

Ingredients:

20 ounces wild caught salmon (canned or pre-cooked)*
2 tablespoons fresh dill
¼ red onion, minced
3 heaping tablespoons ground flaxseed
1 egg, lightly beaten
1 tablespoon Dijon mustard (optional)
½ teaspoon salt
½ teaspoon pepper
1 tablespoon organic ghee or coconut oil
1 lemon, cut into wedges

Directions:

1. Combine all ingredients, except oil and lemon wedges, in a large bowl and mix well to combine.
2. Use your hands to form small patties, about 2 inches in width. They will be a bit wet, but just form them the best you can. Then place them in the fridge for 10-15 minutes to firm up before cooking them.
3. Heat ghee or oil in a large skillet (cast-iron if you have one) over medium heat. Tilt to coat the pan, then add patties, working in batches of four if necessary.
4. Cook patties for about 3-4 minutes per side or until golden brown and slightly crispy.
5. Serve hot or cold with fresh lemon juice squeezed on top. I like to serve these over mixed greens.

Tips and Tricks:

*Trader Joes sells 14.5-ounce cans of wild caught salmon for like \$3.49; best price by a long shot I've found out there. Or you can buy fresh wild caught salmon filets. Add some salt, pepper, and lemon and bake in the oven at 400 degrees for 8-10 minutes. Then shred to make the “cakes”.

These also taste great cold – I like to double this recipe so that I can toss the leftover patties onto a salad for a great healthy lunch option.

Nutritional Information Per Serving:

Calories: 196.9
Fat: 9.5 g
Cholesterol: 105.3 mg
Sodium: 251.1 mg
Total Carbohydrate: 1.6 g
Dietary Fiber: 1.5 g
Sugars: 0.1 g
Protein: 27.7 g