

Recipe for

CLASSIC SALMON CROQUETTES

EQUIPMENT NEEDED knife, medium mixing bowl, skillet, spatula

SERVES 4-5 ESTIMATED COST \$10.55 COST PER SERVING \$2.60

INGREDIENTS

- 2 ea 15 oz canned Salmon
- 2 egg
- 3 tbsp bread crumbs
- 2 tsp old bay OR Cajun seasoning
- 1 tsp fresh lemon juice
- ½ tsp black pepper
- ½ tsp corn starch
- 1 cup frozen celery, onion and pepper blend OR celery, onion and carrot
- 1 cup potato, diced
- Pinch of salt
- 2 tbsp Cooking oil (e.g., olive, grapeseed, oat bran)

METHOD OF PREPARATION

1. In a medium mixing bowl add salmon, egg, bread crumbs, old bay, lemon juice, black pepper, salt, corn starch, potato and celery. Mix thoroughly.
2. Form into patties.
3. In a skillet, warm oil over medium-high heat.
4. Add patties, cooking evenly on each side for 6-7 minutes, or until golden brown on each side.
5. Add pinch of salt and pepper to patties right before removing from heat.
6. Place on top of rice and peas side dish on a plate, or next to your favorite side dish. Enjoy!

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NUTRITION INFORMATION

Classic Salmon Croquettes		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	292.4	
% Daily Value*		
Total Fat	14.3 g	18%
Saturated Fat	2.6 g	13%
Trans Fat	0 g	
Cholesterol	166.7 mg	56%
Sodium	430.9 mg	19%
Total Carbohydrate	15.7 g	6%
Dietary Fiber	2.2 g	8%
Total Sugars	2 g	
Added Sugars	0.3 g	1%
Protein	25.8 g	
Vitamin D	13.4 mcg	67%
Calcium	301.2 mg	23%
Iron	2.1 mg	12%
Potassium	683.1 mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

THE SOURCE ON SALMON

Salmon contains health benefitting Omega-3 fatty acids, that are not only a natural blood viscosity (thickness/thinness) regulator, but also protects against irregular heartbeats (murmurs), helps keep the arteries clean, and a great source of protein.



DEAL IN THE DILL

Dill is an active ingredients used in gripe water to relieve colic pain (trapped gas) and flatulence in infants and geriatric (older adult) ages, and the essential oil of the herb helps to settle intestinal spasms, improves appetite, and aids in digestion.

Recipe provided by LA Dixon

