

SALMON PATTIES

Prep Time 20 minutes	Cook Time 10 minutes	Level Medium
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Ingredients:

- 1 large egg
- 1 (15-ounce) can salmon
- ½ cup italian seasoned dry whole wheat bread crumbs
- ¼ cup nonfat plain greek yogurt
- 1 ½ teaspoons dijon mustard
- 1 teaspoon whit vinegar or lemon juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- 2 tablespoons finely chopped fresh parsley
- 1-2 tablespoons extra-virgin olive oil



Directions:

1. In the bottom of a large mixing bowl, lightly beat the egg. Add the drained salmon to the bowl. Add the bread crumbs, greek yogurt, dijon, white vinegar, onion powder, garlic powder, and cayenne. With a fork, lightly mix to combine, breaking apart the salmon further. Gently stir in the parsley.
2. Scoop the mixture by ⅓ cupfuls and shape into 6 patties that are about a ½ inch thick. Arrange on a plate.
3. In a large cast-iron or similar sturdy-bottomed skillet, heat 1 tablespoon of the oil over medium. Swirl to coat. Brown the patties on both sides, until the outsides are very deep golden brown and the patties are cooked through, about 5 to 6 minutes total. When flipping the patties, be very gentle and use a long, flexible spatula, such as a fish spatula. Enjoy immediately, topped with greek yogurt, a squeeze of lemon, and a sprinkle of fresh parsley.

