



# Salmon Patties

Rich in omega 3- fatty acids

**Number of Servings: 6**

**Calories Per Serving: 162**

**CPF Ratio: 21-38-41**

## Cooking Instructions

Place salmon in a medium-sized bowl. Remove skin and flake with a fork. (You can mash bone pieces into mixture for a great source of calcium.) Add crushed crackers and oats and add to the bowl, with remaining ingredients. Mix well. Shape into 6 patties. Spray pan with cooking spray and bake in 350-375 degree oven until browned (turning once), or spray nonstick skillet with cooking spray and place over medium heat, turning once, until lightly browned on each side. Serves 6.

**Serving Suggestions:** Serve on whole-grain bun, or with potatoes, whole-grain rice or pasta, or couscous, and a green vegetable or salad.

## Recipe Exchanges Per Serving:

1 Lean Meat  
1/2 Bread & Cereal  
1 1/2 Fats

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
SALMON, ALASKA PINK	canned or fresh	15 oz	425
CRACKERS	whole wheat, crushed	5 tbsp	29
OATS		3 tbsp	29
EGG WHITE	fresh	1 large	33
ONION, RAW	chopped	2 tbsp	20
GARLIC, RAW	chopped	1 tsp	3
MAYONNAISE, LOWFAT		1 tbsp	17
RED PEPPER, SWEET	chopped	2 tbsp	19
LEMON JUICE, RAW		1 tsp	5
HOT PEPPER SAUCE	ready-to-serve	1/4 tsp	1
FLAXSEED MEAL		2 tbsp	13
	Recipe Total:		595
	Single Serving Total:		99

Nutrition Information	
Serving Size: 1/6 of recipe (99g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 162	Calories from Fat 67
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	7%
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 351mg	<b>15%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	7%
Sugars 1 g	
<b>Protein</b> 16 g	
Vitamin A 4%	Vitamin C 11%
Calcium 12%	Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet