

WILD SOCKEYE SALMON PATTIES

Serves 4

- 2 cans wild sockeye salmon (13 oz)
- 1 tsp dehydrated onions
- 1 tbsp. dehydrated peppers
- 2 large eggs
- 1 cup whole wheat bread crumbs
- ½ tsp. sea salt with garlic
- ½ tsp. crushed red pepper
- ½ tsp. ground black pepper
- 2 tbsp. dried parsley
- 1 tbsp. safflower oil

Combine drained salmon, onions, peppers, and the eggs and stir until combined. Add bread crumbs, salt, pepper, and parsley and mix well. Form mixture into four patties. Heat oil in sauté pan over medium heat and brown patties, about 4 minutes per side.

Serve with your favorite condiment or The Healthy Pantry's Tomato Ragout.

The Healthy Pantry

- ▶ Sockeye salmon
- ▶ Dehydrated onions
- ▶ Dehydrated peppers
- ▶ Sea salt with garlic
- ▶ Safflower oil

Other Pantry

- ▶ Bread crumbs
- ▶ Dried parsley
- ▶ Black pepper

Dairy

- ▶ Eggs

Nutrition Facts		
Serving Size 1.00 item(s) (178g)		
Amount Per Serving		
Calories	349	Calories from Fat 118
% Daily Value		
Total Fat	13.2g	20 %
Saturated Fat	2.4g	12 %
Trans Fat	0.0g	
Cholesterol	174.2mg	58 %
Sodium	886.1mg	37 %
Total Carbohydrate	23.1g	8 %
Dietary Fiber	1.9g	7 %
Sugars	3.1g	
Protein	34.6g	
Vitamin A	8 %	Calcium 9 %
Vitamin C	4 %	Iron 25 %

The
Healthy Pantry
Inspiring Nutritiousness!

More recipes and Healthy Pantry ingredients available at www.thehealthypantry.com