

Salmon Cakes

Adapted from www.canadianliving.com

Want a healthier brain + heart? Want to reduce inflammation + have lowered joint pain? How about improving your mood?

Get hooked on fish!

Research indicates that we need to eat fish twice a week in order to reap the many health benefits of the omega 3-fatty acids found naturally occurring in fatty fish. In our quest for optimal health, we offer you this fish friendly recipe. We hope you will get hooked on these salmon cakes and they will become a regular meal in your household.

What you will need:

1 pound (2 large)	potatoes
3	green onions, chopped
1/4 cup	chopped fresh dill, parsley or spinach
1 tbsp	Dijon mustard
1/2 tsp	salt
1/4 tsp	grated lemon rind
1/4 tsp	pepper
1/4 tsp	hot pepper sauce
1	egg, beaten
2 cans	salmon, drained and flaked
2 tbsp	canola oil
4	lemon wedges

How to make it:

- 1. Peel and cut potatoes in half crosswise. In 6-cup (1.5 L) microwaveable dish, cover and microwave potatoes with 1 cup of water at High for 10 minutes or until tender. (Alternatively, cover and cook in saucepan of boiling salted water for 15 to 20 minutes or until tender. Drain.*
- 2. In large bowl, mash potatoes until smooth; stir in onions, mustard, salt, lemon rind, pepper and hot pepper sauce. Blend in egg. Fold in salmon. Let cool for 5 minutes.*
- 3. Shape into eight - 3/4-inch thick patties.*
- 4. In large nonstick skillet, heat half of the oil over medium heat; cook the patties for about 5 minutes per side or until golden. Repeat with remaining patties.*

YIELD: THIS RECIPE MAKES 4 SERVINGS – EACH SERVING IS 2 PATTIES