

# MAKE A GREAT PLATE.

Full of flavor and packed with heart-healthy nutrients.

## Mini Salmon Patties

### INGREDIENTS

- 2 cans (5 oz. each) boneless skinless salmon, drained
- 2 tbsp mayonnaise
- 2 tbsp plain nonfat Greek yogurt
- ½ cup chopped green onion
- ½ cup diced bell pepper
- ½ cup whole-grain panko bread crumbs
- 2 tbsp extra-virgin olive oil



### DIRECTIONS

**In** medium mixing bowl, mash salmon with mayonnaise and yogurt. **Add** onion, peppers and bread crumbs. **Stir** to combine. **Form** patties by using 1 heaping tbsp of mixture for each patty (makes 12-15 patties, 3-4 per serving). **Heat** 1 tbsp oil in nonstick frying pan over medium heat. **Fry** patties 3 minutes, flip and fry 3 more minutes. **Remove** from heat. **Add** more oil as needed if there are patties left to fry. **Serve**.

**Makes 4 Servings. Each:** 216 calories • 18g protein • 12g total fat • 8g carb • 2g sugar • 1g fiber • 322mg sodium • 2g saturated fat • 5g mono fat • 5g poly fat