

# Easy Salmon Cakes with Creamy Dill Sauce

**Easy Salmon Cakes, Makes 4 servings**

## **Ingredients**

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, finely chopped
- 1 stalk celery, finely diced
- 2 tablespoons chopped fresh parsley
- 15 ounces canned salmon, drained, or 1 ½ cups cooked salmon
- 1 large egg, lightly beaten
- 1 ½ teaspoons Dijon mustard
- 1 ¾ cups fresh whole-wheat breadcrumbs
- ½ teaspoon freshly ground pepper
- Creamy Dill Sauce (recipe follows)
- 1 lemon, cut into wedges

## **Instructions**

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
2. Heat 1 ½ teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley; remove from the heat.
3. Place salmon in a medium bowl. Flake apart with a fork; remove any bones and skin. Add egg and mustard; mix well. Add the onion mixture, breadcrumbs and pepper; mix well. Shape the mixture into 8 patties, about 2 ½ inches wide.
4. Heat remaining 1 ½ teaspoons oil in the pan over medium heat. Add 4 patties and cook until the undersides are golden, 2 to 3 minutes. Using a wide spatula, turn them over onto the prepared baking sheet. Repeat with the remaining patties.
5. Bake the salmon cakes until golden on top and heated through,

15 to 20 minutes. Meanwhile, prepare Creamy Dill Sauce. Serve salmon cakes with sauce and lemon wedges.

### **Tips**

Prepare through Step 3. Cover and refrigerate for up to 8 hours.

Tip: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice makes about  $\frac{1}{3}$  cup.

### **Nutrition Information**

**Per serving:** 324 calories; 13 g fat (1 g sat fat, 4 g mono); 133 mg cholesterol; 24 g carbohydrate; 32 g protein; 7 g fiber; 673 mg sodium.

**Nutrition bonus:** 27% dv fiber, 171 mg calcium (15% dv).

### **Creamy Dill Sauce, Makes about $\frac{1}{2}$ cup**

### **Ingredients**

$\frac{1}{4}$  cup reduced-fat mayonnaise

$\frac{1}{4}$  cup nonfat plain yogurt

2 scallions, thinly sliced

1 tablespoon lemon juice

1 tablespoon finely chopped fresh dill or parsley

Freshly ground pepper to taste

### **Instructions**

Combine mayonnaise, yogurt, scallions, lemon juice, dill (or parsley) and pepper in a small bowl and mix well.

### **Tips**

Cover and refrigerate for up to 2 days.

### **Nutrition Information**

**Per tablespoon:** 28 calories; 2 g fat ( 0 g sat, 0 g mono); 2 mg cholesterol; 2 g carbohydrate; 0 g protein; 0 g fiber; 50 mg sodium.



Direct questions or comments to: Mary Beth Gurganus, LD/N, Jackson County Health Department, Healthy Communities, Healthy People Program, P O Box 310, 3045 4th Street, Marianna, Florida 32447, or email [Wellness-Buddy@doh.state.fl.us](mailto:Wellness-Buddy@doh.state.fl.us).