

Easy Salmon Recipes

Salmon Patties

Ingredients:

- 1 can salmon, 16 oz (Use canned salmon with bones to get extra calcium)
- 1 tbsp lemon juice
- cold water (see below)
- minced celery (¼ cup, optional)
- green pepper (1 tbsp, optional)
- ½ medium onion
- 2 large eggs
- ⅓ cup bread crumbs or cracker crumbs
- 2 tbsp all-purpose flour
- ⅛ tsp black pepper
- 1 tbsp vegetable oil



Servings: 6 Serving Size: 1 patty

Directions:

Wash fresh vegetables (if using). Open canned salmon and drain liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid **to make ½ cup liquid total** and set aside. Put the salmon in a separate mixing bowl. Mix in the celery (if using), green pepper (if using), and onion. In another small bowl, beat the eggs with a whisk or fork. Then, add the egg to the salmon mixture. Add the bread or cracker crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture. Stir until all ingredients are mixed together. Use ⅓ cup measuring cup to measure salmon mixture. Shape into a ½ inch thick patty, and place on a plate. Repeat to make 6 patties. Heat vegetable oil in a skillet over medium heat. Add 3 patties to the skillet. Cook for about 2 to 3 minutes (or until golden brown) on each side. Remove patties from skillet, and place on a clean paper towel-lined plate to drain. Cook remaining 3 patties, then serve immediately. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/salmon-burgers>



Salmon Alfredo Recipe

Ingredients:

- 12 oz noodles
- 3 cups broccoli florets
- 1 ½ cups milk
- 3 tbsp all-purpose flour
- 1 tbsp dried chives (optional)
- 1 tsp bottled minced garlic
- ½ tsp finely grated lemon peel (zest)
- 1 can salmon, drained, (skin and bones removed), then broken into chunks
- 2 tbsp parmesan cheese
- 1 tsp freshly ground black pepper

Servings: 6 Serving Size: 1½ cups

Directions:

Cook noodles according to package directions, adding broccoli for the last 3 minutes of cooking; drain and keep warm. While pasta is cooking, in a medium saucepan whisk together milk and flour; add chives and garlic. Cook and stir over medium heat until thickened and bubbly. Add salmon and lemon zest. Heat through. Place noodle mixture into a serving bowl; spoon salmon mixture on top. Sprinkle with parmesan cheese and freshly ground pepper.

Recipe from: <http://www.eatingwell.com/recipe/259613/salmon-alfredo/>