



SALMON CROQUETTES

Advanced Lifestyle

Ingredients

1/4 cup lite mayonnaise, divided	2 (6-ounce) packages skinless, boneless pink salmon
4 TSP fresh lemon juice, divided	1 large egg, lightly beaten
2 1/2 TSP Dijon mustard, divided	1 cup Panko (Japanese breadcrumbs)
1/4 cup finely chopped green onions	1 TBS canola oil
2 TBS minced red bell pepper	1 TBS chopped fresh parsley
1/2 TSP garlic powder	1 TSP finely chopped capers
1/4 TSP salt	1/2 TSP minced garlic
1/8 TSP ground red pepper	1/8 TSP salt

Instructions

1. Combine 2 TBS mayonnaise, 1TBS juice, 1-1/2 TSP mustard, and next 7 ingredients (through egg), stirring well. Add panko; toss. Shape mixture into 8 (3-inch) patties.
2. Heat oil in a large skillet over medium heat. Add patties; cook 5 minutes on each side or until browned.
3. Combine remaining mayonnaise, juice, and mustard with parsley, capers, garlic, and salt, stirring well.

Portion-Per-Serving Information (Yields 4 servings):

1 serving size = 2 croquettes and 1 TBS sauce = 1 P, 1/2 FT