



CLASSIC SALMON CAKES

Intermediate Lifestyle

INGREDIENTS

2/3 cup panko (Japanese breadcrumbs), divided
1 TBS minced fresh flat-leaf parsley
2 TBS finely chopped green onions
2 TBS canola mayonnaise
1 TSP lemon juice
1 TSP Dijon mustard
1/2 TSP Old Bay seasoning
1/2 TSP Worcestershire sauce
1/8 TSP kosher salt
1/8 TSP ground red pepper
1 large egg, lightly beaten
8 ounces cooked, flaked salmon
1 TBS olive oil
1 lemon, quartered

INSTRUCTIONS

—Combine 1/3 cup panko and next 10 ingredients (through egg) in a large bowl, stirring well. Add salmon; stir gently just until combined.

—Place remaining 1/3 cup panko in a shallow dish. Using wet hands, shape salmon mixture into 4 equal balls. Coat balls in panko. Gently flatten balls to form 4 (4-inch) patties.

—Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add patties; cook 3 minutes on each side or until golden. Serve with lemon wedges.

SERVING INFO: (Yields 4 servings):

1 salmon cake + 1 lemon wedge = 1 P