



## Salmon Croquettes

Intermediate Lifestyle

### INGREDIENTS

1/4 cup lite mayonnaise, divided  
4 TSP fresh lemon juice, divided  
2 1/2 TSP Dijon mustard, divided  
1/4 cup finely chopped green onions  
2 TBS minced red bell pepper  
1/2 TSP garlic powder  
1/4 TSP salt  
1/8 TSP ground red pepper

2 (6-oz) packages skinless, boneless pink salmon  
1 large egg, lightly beaten  
1 cup panko  
1 TBS canola oil  
1 TBS chopped fresh parsley  
1 TSP finely chopped capers  
1/2 TSP minced garlic  
1/8 TSP salt

### INSTRUCTIONS

—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.

—Heat oil in a large skillet over medium heat. Add patties; cook 5 minutes on each side or until browned.

—Combine remaining mayonnaise, juice, and mustard with parsley, capers, garlic, and salt, stirring well.

### SERVING INFO: (Serves 4)

2 croquettes + 1 TBS sauce = 1 P, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).