

Salmon Patties



Recipe by: moongardens.org

Ingredients

- 15 ounces canned salmon (2, 7.5 ounce cans or cooked, fresh salmon)
- 1/4 cup onion, finely chopped (about half a small onion)
- 1 egg
- 1/2 cup quick cooking oats
- Salt and pepper to taste
- Dried or fresh herbs of choice such as: dill, parsley, garlic powder, or a pinch of cayenne
- Olive oil for cooking patties



Directions

- Place the salmon and the liquid that is found in the can into a mixing bowl and flake it with a fork.
- Mix in egg, salt and pepper and herbs of choice.
- Mix in onion.
- Add oats, and mix.
- Shape into patties.
- Heat olive oil in a skillet over low-medium heat.
- Then cook patties until browned on both sides.

Get Creative

- Use panko or bread crumbs instead of oats.
- Top with aioli or mustard.
- Serve on top of salad, as a sandwich or along side a sweet potato.

For any comments or suggested ingredients for upcoming recipes, please email us at moongardens.org@gmail.com