

Salmon Patties

1-3 oz pouch of Chicken of the Sea Pink Salmon or can of pink salmon (flake apart with fork)

¼ tsp dill weed (or more or less to your taste)

1 TBSP finely chopped onion (or onion powder)

1 TBSP bread crumbs

¼ cup egg beater (or 1 egg beaten)(divided egg portion in half)

Mix flaked salmon, dill weed, onion and bread crumbs and 1/8 cup of the egg beaters. If mixture is too moist, you may add additional small amount of bread crumbs. Form into patties. Use the other 1/8 of egg beaters to dip the patties into. Spray skillet with PAM or any other cooking spray and turn stove onto medium. Once skillet is heated up, place patties on hot skillet and brown on both sides.....Enjoy!

Makes 4 servings:

Nutrition information per 1 patty:

Calories: 45

Fat: 1 gram

Cholesterol: 15 grams

Sodium: 141mg

Carbohydrate: 3 grams

Fiber: 1 gram

Sugar: .5 gram

Protein: 7grams