

# Savory Salmon (or Tuna) Cakes

Serves: 2-3

Ingredients	Instructions
1 bunch scallions (green parts only), sliced into ½” pieces 1 Tbsp. olive oil	<b>Saute Scallions</b> Warm olive oil in a large saute pan over medium heat until onions sizzle lightly when added. Stir in onions and saute, stirring occasionally, just until lightly browned.
1 egg 2 Tbsp. milk 2 Tbsp. whole grain breadcrumbs, coarse ground 1 tsp. dried leaf thyme 1 5-oz can salmon (or tuna), drained 1/8 to ¼ tsp. sea salt Freshly ground pepper, to taste (and/or pinch cayenne pepper)	<b>Combine Remaining Ingredients</b> While onions cook, lightly beat egg in a small mixing bowl, then stir in milk, breadcrumbs, thyme and salt and pepper.  Add salmon (or tuna) and use a fork to chunk into small pieces.  Add onions once browned.  Stir everything together until well combined then allow to sit a few minutes until breadcrumbs soften and mixture thickens.
2-3 tsp. olive oil	<b>Make and Fry Burgers</b> Add oil to the same pan used to saute onions and heat over medium heat. When warm, form salmon mixture into 5-6 small patties and lay in saute pan. Brown patties about 3-4 minutes, then reduce heat to medium-low, flip patties, and cook another 3-4 minutes until cooked through.
<b>Optional Toppings</b> Squeeze of fresh lemon Mayonnaise mixed with lemon juice and/or chopped fresh dill Cocktail sauce Ketchup	<b>Serve and Garnish</b> Serve patties with optional garnishes as desired.

