

INGREDIENTS

- 3 - 213g cans sockeye salmon, drained and cleaned
- 2 green onions or 1/2 small yellow onion, finely chopped
- zest of 1 lemon
- juice of 1/2 lemon
- 1/4 cup mayonnaise
- 1 tbsp Dijon mustard
- 1tsp honey
- 1 egg
- 1/4 cup panko or regular bread crumbs (optional)
- Kosher salt & freshly ground black pepper to taste

INSTRUCTIONS

1. In a large mixing bowl, combine the salmon, green onions, bell pepper, lemon juice, zest, mayonnaise, mustard, honey, egg & bread crumbs. Season well with salt & pepper.
2. Mix well and form into 6 to 8 cakes.
3. Loosely cover & refrigerate the cakes for 30 minutes to allow them to firm up.
4. Gently fry the cakes in a large skillet over medium heat with about 1 tablespoon of oil. Turn carefully when golden brown.

For a crispy alternative gently dredge cakes in flour, then beaten egg, then panko or regular bread crumbs. Heat oil in a large skillet over medium-high heat and fry until brown on both sides. Drain on a wire rack or paper towels.



Optional Coating

- 1/2 cup flour
- 1 egg
- 2 cups panko or regular bread crumbs
- 1-2 tablespoons olive or canola oil for frying

Salmon Cakes



Serves 4-6

Canned salmon is a much cheaper alternative to fresh or frozen salmon and is just as high in healthy omega-3 fatty acids. Stock up when it's on sale and keep it on hand in your pantry for a quick and tasty supper. If you are on a gluten-free diet you can omit the breadcrumbs in the mixture and the optional coating. Just make sure to handle the salmon cakes carefully when you're cooking them, so they don't fall apart.

Recipe from the Indigenous Diabetes Health Circle Recipe Collection