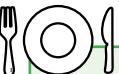


Salmon Croquettes



Prep Time: 15 minutes

Cook Time: 25 minute



Servings: 2 servings

(4 croquettes each)

Cost/Serving: \$3.40

Equipment



- Baking sheet
- Can opener
- Knife
- Measuring spoons
- Box grater
- Cutting board
- Measuring cups
- Mixing bowl

Ingredients



Salmon Patties:

1 can	(213 g)	Salmon, drained and flaked
2 each		Eggs, large, lightly beaten
¼ cup	(60 mL)	Green onion, finely chopped
2 tbsp	(30 mL)	Fresh dill, chopped
2 tsp	(10 mL)	Lemon zest
2/3 cup	(160 mL)	Bread crumbs, divided
¼ tsp	(1 mL)	Salt
¼ tsp	(1 mL)	Pepper

Yogurt-Dill Sauce:

½ each		Cucumber, peeled and grated
½ cup	(125 mL)	Yogurt, plain and unsweetened, preferably Greek
1 tsp	(5 mL)	Lemon zest, or more to taste
1 tsp	(5 mL)	Lemon juice
2 tbsp	(30 mL)	Fresh dill, chopped

Directions



- Preheat oven to 350°F (180°C).
- In medium bowl, combine salmon, eggs, green onion, dill, lemon zest, 1/3 cup bread crumbs, salt and pepper. Stir to thoroughly combine.
- Form salmon mixture into eight patties, about 2.5 cm (1-inch) thick.
- Roll in remaining bread crumbs and place on parchment- or foil-lined baking sheet. Spray lightly with oil. If you prefer less breadcrumbs, omit this step.
- Bake for 15-20 minutes or until heated through and golden.
- While salmon is baking, make the lemon-dill sauce: Squeeze excess moisture from cucumber (see Tip) and add to yogurt, along with lemon zest, juice and dill.



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Tips

- 1) This recipe is best with fresh dill, but you can substitute 1-2 tsp, or to taste, of dried dill.
- 2) Use whole wheat bread crumbs, if desired.
- 3) To help remove water from cucumber, place in colander and sprinkle generously with salt. Let sit for 10-15 minutes before rinsing and squeezing dry.

Nutrition Facts

Valeur nutritive

Per 1 serving 4 pieces (344 g)
pour 1 portion 4 piece (344 g)

Calories 410

% Daily Value*
% valeur quotidienne*

Fat / Lipides 11 g

15 %

Saturated / saturés 3 g
+ Trans / trans 0 g

15 %

Omega-3 / oméga-3 1.5 g

Carbohydrate / Glucides 32 g

Fibre / Fibres 3 g

11 %

Sugars / Sucres 6 g

6 %

Protein / Protéines 44 g

Cholesterol / Cholestérol 275 mg

Sodium 1060 mg

46 %

Potassium 750 mg

16 %

Calcium 250 mg

19 %

Iron / Fer 4 mg

22 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



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