

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

1. Preheat oven to 350°F (180°C).
2. In medium bowl, combine salmon, eggs, green onion, dill, lemon zest, 1/3 cup bread crumbs, salt and pepper. Stir to thoroughly combine.
3. Form salmon mixture into eight patties, about 2.5 cm (1-inch) thick.
4. 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.
5. Bake for 15-20 minutes or until heated through and golden.
6. 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 15 %

+ Trans / trans 0 g

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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