

# SALMON PATTIES



**INGREDIENTS** Serves: 10 | Serving Size: 1 patty

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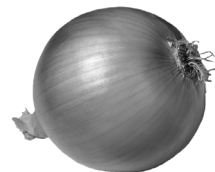
**no salt added  
canned salmon**  
1 - 16 oz can



**low-sodium canned  
great northern beans**  
1 - 15 oz can



**celery**  
1/4 cup, diced



**onion**  
1/3 cup, diced



**lemon juice**  
2 tablespoons



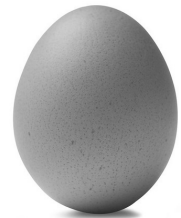
**plain breadcrumbs**  
1 cup



**dijon mustard**  
1 tablespoon



**low-fat mayonnaise**  
3 tablespoons



**egg**  
1 large egg

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# INSTRUCTIONS

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## 1. PREHEAT OVEN



Preheat oven to 350°F. Line baking sheet with parchment paper or spray with oil. Set aside.

## 2. PREPARE SALMON & BEANS



Drain salmon and beans. Rinse beans.

## 3. COMBINE ALL INGREDIENTS



Combine all ingredients, working to smash the beans as you stir. Mix well.

## 4. FORM PATTIES



Using  $\frac{1}{4}$  cup measuring cup as a scoop, form patties out of mixture.

## 5. BAKE



Bake 10-15 minutes or until fully cooked and crisp.

### NUTRITION INFORMATION

Calories: 160

Total Carbohydrate: 18g

Protein: 15g

Total Fat: 2.5g

Dietary Fiber: 3g

Sodium: 280mg

## LOWCOUNTRY FOOD BANK

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