

# SALMON PATTIES



**INGREDIENTS** Serves: 12 | Serving Size: 1 patty

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**no salt added  
canned salmon**

1 - 14.75 oz can



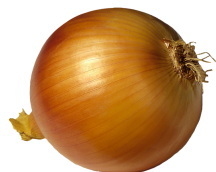
**low-sodium canned  
great northern beans**

1 - 15 oz can



**celery**

1/4 cup, diced



**onion**

1/3 cup, diced



**lemon juice**

2 tablespoons



**plain  
breadcrumbs**

1.5 cups



**dijon mustard**

5 teaspoons



**low-fat  
mayonnaise**

4 tablespoons



**egg**

1 large egg

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# INSTRUCTIONS

## 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. Push to flatten patties.

## 5. BAKE



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

### NUTRITION INFORMATION

Calories: 158	Total Carbohydrate: 17g	Protein: 13g
Total Fat: 3.9g	Dietary Fiber: 3g	Sodium: 238mg

## LOWCOUNTRY FOOD BANK

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