



Northwell Healthy Choice Teaching Kitchen

Huntington Hospital

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Pan-Seared Salmon Cakes



These salmon cakes are as elegant as crab cakes but so much more affordable to make. It makes an easy weeknight dinner and ready in less than 30 minutes. This recipe is loaded with Omega-3 fatty acids and healthy fats.

Nutrition Facts 2 Cakes

198 Calories, 6g Total Fat (1g Saturated Fat), 174 mg Sodium, 24g Protein
7g Carbohydrate (1g Fiber, g Total Sugars),

Micronutrients

Salmon: Vitamin A, B vitamins, Vitamin D, Magnesium, Potassium, Phosphorus, Zinc, and Selenium.

Egg: Vitamin D, Phosphorus, Vitamin A, Riboflavin, Selenium, and choline.

Bell Pepper: Vitamin C, vitamin A, and vitamin B6, potassium, and manganese.

Ingredients

- 1 lb. Salmon, Cooked and Flaked
- 1 Egg White
- 2 tbl Green Onion, Chopped
- 1 tbl Lemon Juice
- 1 tbl Dijon Mustard
- ¼ cup Red Bell Pepper, finely Chopped
- ¼ cup Yellow Bell Pepper, finely Chopped
- ½ cup Panko Breadcrumbs
- ¼ tsp Black Pepper

Instructions (yield 8-10 cakes)

To prepare Salmon Cakes:

1. In a medium bowl, combine egg white, green onion, red bell pepper, yellow bell pepper, lemon juice, Dijon mustard, and black pepper.
2. Add salmon and panko breadcrumbs, mix well.
3. Form salmon mixture into patties, each about 1 inch thick. Lightly coat an unheated nonstick skillet with nonstick cooking spray.
4. Preheat skillet over medium heat.
5. Carefully add salmon patties
6. Cook for about 8 minutes or until golden brown and heated through, turning once.

