

Salmon Croquettes

Makes 6 servings | Protein • Grains • Vegetables

Ingredients

- 1 15-ounce can or package of water-packed salmon, drained
- 1 ½ cups mashed potatoes, from fresh or instant
- ¼ cup chopped green onion
- ¼ cup chopped parsley
- 1 egg
- Salt and black pepper to taste
- 1 ½ cups breadcrumbs or bran or corn flakes cereal finely crushed
- 1 Tablespoon olive oil

Directions

1. Wash hands with warm, soapy water.
2. Mix salmon, potatoes, onion, parsley, egg, salt and pepper with 1 cup of bread or cereal crumbs.
3. Shape into patties and pat into remaining ½ cup of bread or cracker crumbs until covered.
4. Heat pan or electric skillet on medium-high heat. Add 1 Tablespoon oil and cook patties 4-5 minutes per side, until golden brown.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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