EASY HIGH PROTEIN RECIPES

SALMON PATTY RECIPE

1-page US Letter cooking checklist | Canned salmon | 6 patties

SHOPPING LIST

- [ ] 1 can salmon, 14.75 oz (drained)
- [ ] 1/2 cup panko breadcrumbs
- [ ] 2 tbsp sliced green onion
- [ ] 1 large egg
- [ ] 1/4 cup plain Greek yogurt
- [ ] Lemon, Dijon, dill, garlic, oil

METHOD: CRISP OUTSIDE, TENDER INSIDE

1. Drain the canned salmon well; flake, then blot extra liquid.
2. Mix salmon, egg, panko, yogurt, onion, lemon and seasoning.
3. Rest mixture for 5 minutes. Shape six even, compact patties.
4. Sear in a lightly oiled skillet over medium heat; turn gently.
5. Check the center with a thermometer; egg-containing recipe: 160 F.
6. Refrigerate leftovers within 2 hours; use within 3 to 4 days.

IF THE MIXTURE FALLS APART

Too wet? Drain better, then add panko 1 tbsp at a time.

Too dry? Add plain yogurt 1 tsp at a time. Rest for 5 minutes.

MAKE YOUR OWN COOKING NOTES

Cooked patty count: _____

Skillet / oven / air fryer notes: _____

Thickness and temperature reading: _____

FOOD SAFETY

FDA/FoodSafety.gov: egg dishes 160 F (71 C); fin fish 145 F (63 C).
Reheat leftovers to 165 F (74 C). A thermometer beats timing alone.