

Salmon Patties

Ingredients

- 1(14.75 ounce) can canned salmon
- 1 egg
- ¼ cup chopped onion
- ½ cup chopped onion
- ½ cup seasoned dry breadcrumbs
- 1 tablespoon olive oil

Directions

- Drain and reserve liquid from salmon mix egg onion breadcrumbs and salmon together.
- Make into patties. If the mixture is too dry to form into patties, add reserved liquid from salmon.
- In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.

Nutrition Facts

Per Serving: 224 calories protein 22.3. carbohydrates 9g fat 10.4 cholesterol 73.7mg. sodium 522.8 Mg.