

Salmon Cakes

Deliciously Moist, Fresh Salmon and Vegetable Patties

When I came up with this recipe, my original intention was to make some awesomely flavorful and low calorie/point CRAB CAKES!!! But when I went to the grocery store, 2 pounds of lump crab was \$50. There ain't no way that this here cowpoke was spending \$50 on an appetizer and there's no way I would ask you to... so... I swapped the crab for fresh salmon. Easy Peasy. This recipe makes 14 delicious 1/3 cup appetizer sized salmon cakes. However, depending on your 'personal' plan, salmon might be ultra high in points for you. You can DEFINITELY swap out the salmon for lump crab or cod, to make awesome crab or cod cakes.

Servings Info.:

Yield: 14 salmon cakes
Servings: 14
Serving Size: 1 cake



Range

0-2

- last checked 01/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 2 pounds fresh or previously frozen salmon filets, diced and chopped (**NOT THE CANNED STUFF!!!**)

Vegetable Mixture

- 1/3 cup finely diced red bell pepper
- 1/3 cup finely diced yellow bell pepper
- 1/3 cup finely diced red onion
- 1/3 cup finely diced celery
- 1/4 cup chopped flat leaf parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 egg, OR 2 egg whites, if you're on the Green plan
- 1/2 cup fat free Greek yogurt
- 1 tsp worcestershire sauce
- 1/4 tsp hot sauce (or more, to taste)
- 1 Tbsp dijon mustard

'Bread' Crumbs:

- 1-1/3 cups rice krispies cereal, measured then crushed into crumbs
- 1-1/2 tsp regular breadcrumbs
- 2 tsp panko breadcrumbs

Directions:



1. **(A)** Spray a pan with cooking spray, then cook the red and yellow bell peppers, red onion, celery and flat leaf parsley over medium high heat. Cook till just softened, season with salt, pepper and old bay. Set aside, allowing to cool to room temperature. **(B)** Dice all of your salmon into bite sized chunks. You don't want perfectly uniform diced salmon, you want small chunks of varying sizes. **(C)** Place the cooled vegetables, chopped salmon, egg, yogurt, worcestershire, hot sauce and dijon mustard into a large mixing bowl. Mix until combined. **(D)** Place the rice krispies into a large ziplock bag and crush. Once they have the consistency of breadcrumbs, add all the breading ingredients into the salmon and mix together. Cover and allow to rest in the fridge for 30 minutes.

2. Line a sheet pan with parchment paper, then lightly spray with cooking spray. Preheat your oven to 425 degrees.



3. (A) Start off by slightly wetting your hands with some tap water, trust me. Using a measuring cup, scoop out an EVEN 1/3 cup portion of the salmon mixture into your palm. (B) Lightly press it together with your palms, you want to keep it as a tall mound. Place each one down onto the parchment paper, then gently press down on the top to slightly flatten the top. (C) Repeat until all of the salmon has been used, then coat the top of the patties with cooking spray. (D) Bake at 425 degrees for 16 minutes.
4. (A) When the timer goes off, remove the pan from the oven and quickly, but gently, flip the salmon cakes over. Spray the tops with cooking spray, then return to the oven. (B) Continue baking at 425 degrees for an additional 14 minutes, or until both the top and the bottom of the salmon cakes are nicely browned. Don't worry... they won't dry out, even at 30 total minutes in the oven, they'll still be awesome.
5. Remove salmon cakes from the oven and serve. Garnish with fresh chopped parsley and some lemon. They go great with my low point Tartar or Cocktail sauces.



NOTES:

- A) If salmon has points for you, different types of salmon have different points, in the database. For my recipe, I used the entry for: 'uncooked wild pink salmon', which had the least points of any entry. Use what you want, but adjust your points accordingly, if necessary.
- B) You can use this same recipe with most any seafood. This recipe was meant for Crab. You can definitely use any type of fish in place of the salmon, or even use crab, lobster, shrimp... the recipe doesn't change, just the protein.
- C) You can definitely halve this recipe without any problems.
- D) If you'd like a bit more texture in your patties, use 1/2 cup of each vegetable, rather than 1/3 cup.
- E) In case you're wondering, this recipe makes FANTASTIC salmon burger patties. In my 3rd cookbook, I actually use them as the base for my fancy-schmansy salmon burger.