



Skillet Salmon Patties

- 2-14.75 cans of salmon with skin/bones, drained
- 2 eggs
- 6 green onions minced
- 1/2 cup panko bread crumbs
- 1/2 cup grated parmesan
- 1 lime, juiced
- 2-3 tablespoons olive oil or avocado oil

1. Drain salmon. Place drained fish in large bowl and mash the soft, tiny bones and skin with a fork until thoroughly combined.
2. To the fish, add eggs, green onions, bread crumbs, parmesan, and lime juice. Use your hands to combine the mixture. Form them into 8 patties that are no more than one inch thick. If making salmon burgers, you can make the patties larger to fit the bun.
3. Heat a large skillet over medium-high heat. Add the 2-3 tablespoons oil. When the oil is hot enough to bubble when a bread crumb gets tossed in, add your salmon patties. Be sure to leave enough room to allow space in between each patty. If your pan isn't large enough, you may need to cook them in two batches. Cook until golden brown, about 5-10 minutes, then flip and cook until golden brown on the other side.
4. Serve warm. They also taste excellent cold on top of salad.

NUTRITION

Calories: 212kcal, Carbohydrates: 5g, Protein: 19g, Fat: 13g, Saturated Fat: 3g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 7g, Trans Fat: 0.02g, Cholesterol: 99mg, Sodium: 397mg