

## Salmon Patties

Yield: 6 patties

- 1 medium egg
  - 30 g mayonnaise (≈ 2 Tbsp)
  - 30 g Oikos Greek yogurt, plain, unsweetened (≈ 2 Tbsp)
  - 1 lemon, zested, and 30 ml juice (2 T), plus more wedges for serving
  - 25 g finely chopped scallions (= 2–3 scallions, ¼ cup)
  - 8 g minced fresh parsley or dill (= 2 T), plus more for serving
  - 15 g Dijon mustard (= 1 T)
  - ½ tsp smoked paprika (= 1 g)
  - Pinch cayenne (≈ 0.1 g)
  - 1 tsp salt (= 6 g)
  - ¼ tsp black pepper (= 0.5 g)
  - 3 cans Choshita Salmon Bone, Boiled in Water (140 g each drained → 420 g)
  - 40 g panko (= ¾ C, Japanese type)
  - 60 ml canola oil (≈ ¼ cup)
1. In a large bowl, whisk together the **egg**, **mayonnaise**, **Greek yogurt**, **lemon zest**, **lemon juice**, **scallions**, **parsley**, **mustard**, **smoked paprika**, **cayenne**, **salt**, and **black pepper**.
  2. Add the **salmon** and **panko** and mix until combined, breaking up any large chunks. Refrigerate until firm enough to shape, **at least 15–30 minutes**.
  3. Using a ½-cup (120 ml) measure, scoop out mounds and form into 6 patties = 2 cm thick).
  4. Heat oil in a skillet over **medium-high**. Cook patties until browned on both sides ( about **2 min per side**). Adjust heat if needed.
  5. Drain briefly on paper towel. Serve hot with **dill** and **lemon wedges**.



### Nutrition per 1 patty

Total kcal: 179

Protein = 20.9 g

Fat = 8.4 g

Sat. Fat = 2.2 g

Carbs = 7 g

Sugars = 0.6 g

Fiber = 0.7 g

Sodium = 350 mg

Omega-3 = 1.1 g