



Salmon Patties

Prep time: 5 minutes

Total time: 15 minutes

Yield: 6 servings

Ingredients:

2- 6 ounce cans boneless skinless salmon, drained or 12 ounces cooked salmon fillets

2 large eggs

½ cup blanched almond flour, breadcrumbs, or flour of choice

1 tablespoon lemon zest

½ teaspoon sea salt or sea salt with herbs ie. Herbamare

2 tablespoons olive or avocado oil

Directions:

1. Combine all ingredients except oil in a medium bowl.
2. Form the mixture into six 3 inch patties.
3. In a large skillet, cook the patties over medium-high heat for about 4 minutes on each side or until golden brown.
4. Serve hot. Enjoy!

Note:

- These patties are also delicious with the addition of 1 tablespoon dried dill or parsley.
- If you cook salmon fillets and have leftovers, this is a great way to turn your leftovers into something different and tasty.

Recipe adapted from:

The Gluten-Free Almond Flour Cookbook by Elana Amsterdam

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*		
Amount per	76 g	Total Fat	12.9g	20%	Total Carbohydrates	2g	1%
1 serving (2.7 oz)		Saturated	2.4g	12%	Dietary Fiber	1g	2%
Calories	194	Trans Fat	0g		Sugars	0g	
From fat	114	Cholesterol	106mg	35%	Protein	18g	35%
		Sodium	224mg	9%			
		Calcium	3%	• Iron	4%	Vitamin A	2%
						Vitamin C	2%

HappyForks.com

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.