



MyPantry

includes protein

Salmon Cakes with Lemon Dill Sauce

(Serves 4)

Ingredients:

Lemon Dill Sauce

- ½ cup mayonnaise Juice and zest of 1 lemon
- ¼ tsp. salt
- ½ tsp. pepper
- 1 tbsp. fresh dill (or 1 tsp. of dried dill)

Salmon Cakes

- 1 can (14.5 oz.) pink salmon*
- ¼ cup chopped onions (recommend 3 stalks green onions)
- 1 cup breadcrumbs divided
- ¼ cup mayonnaise
- ½ tsp. Old Bay seasoning

Directions:

1. In medium size mixing bowl, combine salmon, onions, ½ cup breadcrumbs, mayonnaise, and Old Bay seasoning. Mix well to combine.
2. Divide mixture into four equal portions. Form into round patties. Coat the outside of the patties with remaining breadcrumbs.
3. In a large pan on medium heat, add 2 tbsp. of oil. While pan is heating, in a small bowl combine mayonnaise, lemon juice, lemon zest, salt, pepper, and dill. Mix well and set sauce aside.
4. Place patties into pan and cook patties until golden brown on each side, about 3-5 minutes per side.
5. Top with lemon dill sauce and serve.

Chef's Note: Serve on a bed of mixed greens with an extra wedge of lemon for a more complete plate.



* Items typically found in food pantries

Nutrition Facts

| Serving Size | | 1 Serving |
|---------------------------|--------|------------------------|
| Amount Per Serving | | 471 |
| Calories | | |
| | | % Daily Values* |
| Total Fat | 25.8g | 40% |
| Saturated Fat | 3.2g | 16% |
| Polyunsaturated Fat | 11.3g | |
| Monounsaturated Fat | 6.3g | |
| Cholesterol | 48mg | 16% |
| Sodium | 1056mg | 44% |
| Total Carbohydrate | 33.9g | 11% |
| Dietary Fiber | 2.5g | 10% |
| Sugars | 5.3g | |
| Protein | 25.1g | |
| Calcium | 280mg | 28% |
| Iron | 12.4mg | 69% |
| Potassium | 67mg | 2% |
| Vitamin A | 850IU | 17% |
| Vitamin C | 36mg | 60% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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MyPlate Food Groups Per Serving:

P 1/2 cup Protein

G 1/4 cup Grains

Recipe created by Chef Quan Hoang, who serves as the Washington State Executive Mansion Chef.



Washington
State Department of
Agriculture



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

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AGR Pub 609-857 (R/7/20)

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