INGREDIENTS

1 can (14 oz.) salmon
1 large potato (chef recommends russet)
1/4 cup mayonnaise
1/4 cup flour
1/2 tsp salt
Dash black pepper
Pinch dill or parsley (optional)
1 cup panko breadcrumbs (can substitute with flour)
tartar sauce (contains eggs)
4 cups broccoli (about 1 head)
1 tbsp butter

Recipe created by Melissa Davis who serves as a nutrition educator at the WSU Thurston and Lewis county extensions. Melissa is a Washington-born chef, nutrition educator, and food writer. Trained as a chef in the U.S. Navy, she honed her skills overseas, in restaurants and as a personal chef. She is a teacher and food writer who is passionate about fresh local foods and preparing farm-to-table meals for friends and guests.

Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of sauce ingredients, please visit agr.wa.gov/services/food-access/cockwa

To make 8 servings, double the measurements and use bigger pots, pans, and bowls.

WE WANT TO KNOW WHAT YOU THINK!
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MAKE SALMON AND POTATO CAKES

- Peel the potato with a vegetable peeler, dice and then boil potato in a pot of water until tender, or about 10 minutes.
- Drain water from pot and mash potato with a fork.
- Drain canned salmon.
- Remove any skin and place unskinned fish into a medium-sized bowl.
- Flake fish with fork, add mashed potato, mayonnaise, flour, salt and pepper. If using dill or parsley, add minced herb to mixture, and stir to combine.
- Form into 8 - 10 small balls, then flatten into patties.
- Place breadcrumbs on a rimmed plate and coat each patty thoroughly.
- Heat a large skillet over medium heat, add a drizzle of oil and pan fry patties until crisp and golden, or about four minutes on each side.
- Move patties to a paper towel-covered plate to drain excess oil.

BRAISE BROCCOLI

- Chop a head of broccoli into small florets.
- Heat a large skillet over medium-high heat. Add butter, the broccoli and a pinch of salt.
- Cover and let cook for three minutes.
- Uncover, stir and leave to cook another two minutes, or until fork-tender.
- Salt to taste. Add a favorite herb, parmesan cheese or red chili flakes for a flavor boost.

PLATE

- Serve salmon cakes with a dollop of tartar sauce.
- Chef suggests serving with steamed rice.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 620</th>
<th>% Daily Values*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>35.2g</td>
<td>45%</td>
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<tr>
<td>Saturated Fat</td>
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<td>Polysaturated Fat</td>
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* 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.

Photos taken by staff and students from The Evergreen State College's Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. The Washington State Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans.

Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture’s (WSDA) Food Assistance Program.