

Salmon Cakes with Lemon Sauce

Salmon is a great replacement for crab in these protein-packed cakes. Set these out ahead of dinner as an appetizer, or serve them as the main course! **4 servings.**

INGREDIENTS

- 15 ounces salmon, flaked
- 1 cup whole wheat bread crumbs
- 1 egg white, lightly beaten
- ¼ celery, finely diced
- 1 green onion, finely diced
- 1 tablespoon nonfat mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons lemon zest, divided
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ½ cup non-fat yogurt
- 1 teaspoon lemon juice
- 2 tablespoons olive oil

METHOD

1. In a large bowl, combine salmon, bread crumbs, egg white, celery, green onion, mayonnaise, mustard, 1 teaspoon lemon zest, pepper, and cayenne pepper. Mix well, then form into 8 cakes. Set cakes in freezer for 15 minutes.
2. While the cakes are in the freezer, make the lemon sauce. In a small bowl, combine yogurt, lemon juice, and remaining 1 teaspoon of lemon zest. Mix well and refrigerate.
3. Remove cakes from freezer. Heat a large frying pan over medium heat. Add olive oil, then add salmon cakes. Cook for 4 minutes per side, turning once, until golden and just cooked through.
4. Serve 2 salmon cakes right away to each person with lemon sauce.

NUTRITION

Per serving: 190 calories, 10 g. total fat (1.5 g. saturated fat), 35 mg. cholesterol, 35 g. total carbohydrates, 16 g. protein, 430 mg. sodium, 377 mg. potassium

