

BRAIN HEALTHY COOKING FOR ONE

the perfect

SALMON CAKES

1/2 LB of cooked Salmon (or a
14.75 oz can of Salmon)
1 Egg
1/4 CUP chopped Onion
1/2 CUP Whole Grain Breadcrumbs
1 TBSP Extra-Virgin Olive Oil
1/2 TSP dried Dill

Remoulade Sauce:

4 oz plain Greek Yogurt
2 oz sweet Pickle Relish
2 oz Ketchup
Pinch of Black Pepper

Add more flavor by adding:

*Shredded Carrot
Grated Raw Onion
Fresh Lemon Zest
Small diced Roasted
Red Bell Pepper*

1. Mix all ingredients of Remoulade sauce in a small bowl and set aside.
2. Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs, dill and salmon together.
3. Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
4. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.
5. Serve with Remoulade sauce.

