

Salmon Patties

Photo from healthfulpursuit.com

Recipe type: main dish

Serves: 4

Time: 30 minutes



Ingredients

- 1 egg, beaten
- ¼ cup milk
- 2 green onions, chopped
- 1 teaspoon dried dill weed
- ¼ teaspoon black pepper
- 1 14.75-ounce can salmon, drained, flaked, with skin and bones removed
- ¼ cup seasoned dry breadcrumbs
- 1 tablespoon cooking oil
- Tartar sauce, optional

Directions

1. In a medium bowl, combine the egg, milk, green onions, dill and pepper. Add salmon and breadcrumbs; mix well.
2. Form mixture into eight half-inch thick patties.
3. Heat oil in a large skillet over medium-low heat. Cook patties for about 6 minutes, until golden brown, flipping over half way through. Serve warm with tartar sauce, if desired.