

Salmon Veggie Patties



INGREDIENTS:

- 1 cup cooked flaked Salmon
 - Or 1 cup canned Salmon, drained and flaked
- 1 cup finely minced Vegetables
 - Greens (kale, Swiss chard, turnip, collard); carrots; broccoli; squash, peppers or any combination you feed your parrots
- 1 cup Quick Cooking Oats
- 2 beaten Eggs
- 1/2 teaspoon Curry Powder (optional)
- 1/4 teaspoon Cayenne Pepper (or season to your taste)
- Olive oil or Red Palm oil for frying

DIRECTIONS:

Remove bones from salmon and flake with a fork. If using canned salmon, remove skin and bones and drain well.

In mixing bowl, combine with egg, oats and spices. If mixture is not thick enough to shape into patties, you can add more quick cooking oats.

Form into patties about 2 inches in diameter. Fry in small amount of oil over medium low heat until brown on both sides (about 3 –4 minutes each side).

Yield: About 10 patties.

These cooked patties freeze and re-heat well. Try them yourself; they are good as they are or make a salmon patty sandwich for lunch.