

## Salmon Cakes



### Makes:

12 appetizers, 6 servings

### Utensil:

Saladmaster Food Processor  
11" Large Skillet with Cover

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### Recipe:

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3 cups  
flaked cooked salmon, about 1 pound (454g)  
2 large  
egg whites  
3 tablespoons  
reduced-fat mayonnaise  
(30  
g)  
2 tablespoons  
fresh lemon juice  
(30  
mL)  
2 tablespoons  
dried breadcrumbs  
(14  
g)  
1 tablespoon  
onion, shredded, use Cone #1  
(10  
g)  
¼ teaspoon  
salt, or to taste  
(1.5  
g)  
¼ teaspoon  
freshly ground pepper  
(.5  
g)  
lemon wedges, optional

### Directions:

1. In large bowl, combine salmon, egg whites, mayonnaise, lemon juice, breadcrumbs, onions, salt and pepper. Mix well to combine.
2. Shape salmon mixture into 12 small cakes and arrange on cookie sheet lined with parchment paper.
3. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 2 - 3 minutes, add 6 salmon cakes, spacing each at least ½-inch apart. Cook 3 -4 minutes until well-browned.

4. Using turner, flip cakes and cook other side 3 - 4 minutes until browned and cakes are cooked through. Repeat with remaining 6 salmon cakes.
5. Serve warm or at room temperature with lemon wedges or warm Bearnaise sauce, if desired.

Nutritional Information per

▼ Serving

**Calories:** 153

**Total Fat:** 6g

**Saturated Fat:** 1g

**Cholesterol:** 51mg

**Sodium:** 250mg

**Total** 3g

**Carbs:**

**Dietary Fiber:** 0g

**Sugar:** 1g

**Protein:** 21g

Analysis calculated using pink salmon