



# Salmon Cakes with Lemon-Herb Sauce

## Info:

Makes 4 Servings      250 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 1lb Salmon (Fresh only!)
- ❖ ½ Cup Egg Beaters
- ❖ 1/3 Cup Breadcrumbs
- ❖ ½ tsp Parsley
- ❖ ¼ tsp Salt
- ❖ 1/8 tsp Ground Pepper
- ❖ Cooking Spray

## Lemon-Herb Sauce (optional):

- ❖ ¼ Cup Fat Free Sour Cream
- ❖ 1 Tbsp Lemon Juice
- ❖ ¼ tsp Thyme

## Preparation:



1. If you have fresh salmon, bake it in the oven at 400° for 10-15 minutes or until opaque, then allow to cool 15 minutes
2. In a mixing bowl mash up the salmon, add egg beaters and mix well
3. Next add the crushed crackers, parsley, salt and pepper, combine
4. Divide the mixture into 8 equal portions and roll each into a ball
5. Flatten each ball into a ½” thick patty
6. Preheat a non-stick skillet to medium and add cooking spray
7. Cook each patties about 4 minutes each side
8. Meanwhile mix the sour cream, lemon juice and thyme together
9. Serve sauce on side for dipping