

SALMON CAKES

WITH OLIVES, DILL & LEMON

Try substituting this healthy patty for your usual beef burger. You will dramatically improve the healthfulness of the fats in your meal. Add a slice of avocado, a slice of tomato, and a lettuce leaf, and it's a nutrition home run!



DIRECTIONS

1. Place scallions, olives and dill (or thyme) in a food processor and pulse until finely chopped. Transfer to a large bowl. Stir in lemon zest, salt and pepper.

2. Working in 3 or 4 batches, pulse salmon just 2 or 3 times to finely chop, but not puree. Add the chopped salmon to the bowl; gently mix until combined. **(Alternatively, you can finely chop salmon, scallions, olives and herbs by hand before combining with lemon zest, salt and pepper as we did.)** Divide the mixture into 8 patties, about 3 inches in diameter and 3/4 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

3. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add 4 salmon cakes and cook until browned on both sides and just cooked through, 6 to 8 minutes total. Repeat with the remaining oil and salmon cakes.

INGREDIENTS

- 4 scallions, quartered
- 1/2 cup pitted Kalamata olives
- 3 tablespoons coarsely chopped fresh dill or thyme
- Zest of 2 lemons
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 1/2 pounds wild salmon (see Tip), skinned and cut into 2-inch chunks
- 4 teaspoons extra-virgin olive oil, divided

NUTRITION FACTS

Serving Size: 1 Salmon Cake Per Serving; 214 calories;
protein 28.6g; carbohydrates 1.7g; dietary fiber 0.5g; sugars
0.3g; fat 9.5g; saturated fat 1.8g; cholesterol 66.3mg;
vitamin a iu 300.9IU; vitamin c 6.2mg; folate 21.1mcg;
calcium 66.4mg; iron 0.9mg; magnesium 42mg; potassium
550.7mg; sodium 339.5mg; thiamin 0.1mg. Exchanges:
4 Lean Meat, 1/2 Fat



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