



kitchen revival

Spicy Salmon Patties

Try this for a quick and easy low fat high lunch filling or light lunch on a Sunday afternoon. Should make enough for four to six depending on appetite!

Cooking

Preheat oven to 350 degrees. Place a baking sheet on a baking tray. Using a fork, mix water, egg substitute or eggs, onion, yellow capsicum, salt and pepper in the medium size bowl. Add salmon, spinach and crushed crackers to the water mixture, combine well. Add more water, if necessary. Divide the mixture into six equal patties and place on the baking tray with the non stick baking sheet. Bake for 30-35 minutes or until lightly browned. Serve alone or on a bed of salad greens with two tablespoons of light soy sauce or fat free dressing of your choice.

Substitutes:

If you have concerns about high cholesterol then the egg substitute is a great addition to this menu. Keep it lower still by not added cheese or mayonnaise.

Tip to reduce fat:

This meal already offers a low fat option with about 6 to 8 grams (depending largely on the crackers used and the type of fish). To keep it that way avoid margarine and butter on a bun if eaten as a sandwich or burger filler, same goes for mayonnaise. If you have a salad then watch out again for cheesy additions and salad dressing should have some but not more than a table spoon of olive oil if home made or less than 8 grams of fat in 100 grams of product if purchased.

Tip to improve healthful benefits:

Increase the veggie content by having your burger on top of a dry roasted potato mash! Add a dash of tamari sauce (like soy sauce only not so salty) and crushed garlic, drop in chilli flakes or sweet chilli sauce, to the salmon mix for a zesty taste.

Getting organised prevents poor choices:

Freeze patties in airtight containers or freezer bags using pieces of baking sheet between them so they don't stick together. Can be reheated in a toaster oven or microwave. Slap in a sandwich at work or for the kids.

Ingredients

Quarter of a cup of water
Egg substitute equivalent to 2 large eggs or 2 large eggs
Quarter of a cup red onion, diced

Quarter of a cup yellow capsicum, diced
Quarter of a teaspoon each of salt and pepper

400 grams salmon either canned, drained, de-boned and flaked or equivalent cooked, fresh salmon fillet, skin removed and flaked

200 grams frozen spinach, chopped and thawed, allow to drain well

1 cup coarsely hand crushed, whole wheat crackers (be sure to check the label before purchase!)

You will also need baking paper and a baking tray

