

Salmon Cakes

Serves five with a side salad



Ingredients

- 1 pound cooked salmon fillet
- 1 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 cup panko (Japanese-style bread crumbs)
- 3 tablespoons nutritional yeast
- 2 large eggs, beaten
- 3 tablespoons mayonnaise
- 2 teaspoons Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup fresh parsley, minced

- ¼ cup extra virgin olive oil, divided
- 2 tablespoons butter

Steps

1. Prepare a baking sheet pan with parchment paper. Discard salmon skin and flake cooked flesh with a fork. Check for bones.
2. In a large bowl combine salmon, onion, garlic, panko, nutritional yeast, eggs, mayonnaise, Worcestershire sauce, paprika, salt, pepper and parsley. Mix well.
3. Scoop about ½ cup of the mixture to form a patty. Place on the prepared baking sheet. Repeat with remaining salmon mixture.
4. Heat 2 tablespoons olive oil and 1 tablespoon butter in a large pan over medium-high heat. Once the butter bubbles, add half of the salmon cakes and cook until browned. Carefully flip each cake over and cook the other side until browned. Remove to a serving platter. Add the remaining olive oil and butter. Allow butter to bubble and repeat with the rest of the salmon cakes. Serve warm with lemon wedges and a side salad.
***These freeze really well and make a quick weeknight dinner. To freeze, place the baking sheet pan with prepared, UNCOOKED cakes in freezer until they are frozen (about 3 hours). Then pop the cakes off the tray and place carefully into a gallon-size zip top bag. Squeeze air out and freeze until ready to cook:)