



# Salmon Cakes

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
4 lbs	salmon, canned, drained	1.8 kg
2	onions, peeled and chopped	2
10	potatoes, peeled and chopped	10
10	carrots, peeled and chopped	10
3	eggs	3
½ cup	sour cream or mayonnaise	125 mL
3 tbsp	Dijon mustard	45 mL
3 tbsp	lemon juice	45 mL
¼ cup	parsley, chopped OR 1 Tbsp/15 mL dried	60 mL
¼ cup	dill, chopped OR 1 Tbsp/15 mL dried	60 mL
1 tsp	salt	5 mL
2 cups	bread crumbs	500 mL
	oil	

## Instructions

1. Place the potatoes, onions, and carrots in a large covered saucepan with water to cover.
2. Bring to a boil; then lower heat and simmer for about 20 minutes, until the vegetables are tender. Drain and place in a large bowl.
3. Add salmon and mash until smooth.
4. Add eggs, herbs/spices, and sour cream.
5. Use an ice cream scoop to create salmon 'balls'. Flatten each scoop of mixture into a patty form and coat in bread crumbs.
6. Place patties on baking sheets that were lined with parchment paper that were greased with oil.
7. Bake at 350°F (175°C) for 15 minutes and flip the patties. Bake another 10-15 minutes or until golden.

**Nutrition Information**

Serving 108 g (1 patty)

Calories 130

Fat 3 g

Saturated 1 g

+ Trans 0 g

Sodium: 260 mg

Carbohydrates: 35 g

Fibre 1 g

Sugars 1 g

Protein 12 g

Calcium 30 mg

Iron 1.5 mg

**Food Guide Servings**

½ Vegetable & Fruit

½ Meat & Alternative