

Salmon Cakes with Greek Yogurt Lemon Aioli

This alternative to crab cakes provide a great source of omega-3s and protein.

Serves 2

1, 6oz can of boneless & skinless Sockeye salmon
¾ cup whole wheat bread crumbs
1 egg
2 tablespoons celery, finely chopped
1 tablespoon Dijon mustard
1 tablespoon Greek yogurt
1 teaspoon fresh dill, roughly chopped
Zest of 1 lemon
1/8 teaspoon kosher salt
¼ teaspoon fresh black pepper
¼ teaspoon garlic powder
1 tablespoon green onion, finely chopped (green parts only)

½ lemon, sliced in wedges

In a medium sized mixing bowl combine all ingredients. Use a fork to break apart salmon and mix well.

Form salmon mixture into 4 cakes, roughly ½ inch thick.

Heat a large frying pan over medium high heat. Add cakes and cook 2-3 minutes on each side.

Serve immediately with lemon wedge and Greek Yogurt Lemon Aoli (Recipe Below)

Tips

- You may want to spray your pan with a non-stick cooking spray to avoid sticking.
- Try and only flip the cakes once, so they maintain their shape.

260 calories, 20 g carbohydrate, 2 g fiber, 10 g fat (2 g saturated fat), 20 g protein, 580 mg sodium, 3 g sugar *Nutrition Facts include 2 tablespoons of aoli.

Greek Yogurt Lemon Aioli

Serves 4

½ cup Greek yogurt
1 tablespoon olive oil based mayonnaise
Juice of half a lemon
½ teaspoon garlic powder
1 teaspoon fresh dill, roughly chopped
1/8 teaspoon kosher salt
1/8 teaspoon black pepper

Whisk all ingredients in a small bowl. Serve immediately or chill up to 2 days.

30 calories, 2 g carbohydrate, 0 g fiber, 1.5 g fat (0 g saturated fat), 3 g protein, 130 mg sodium, <1 g sugar