

Asian Salmon Croquettes

Nutritional Highlights

- Quick and inexpensive recipe that uses pantry staples
- Salmon is full of healthy fats called omega-3s
- Serves 4

Ingredients

- 18 oz can wild salmon, skinless and boneless
- ½ cup finely chopped red or yellow bell pepper
- 2 Tbsp finely chopped green onions
- 2 Tbsp chopped flat leaf parsley
- 2 Tbsp mayonnaise (made with olive oil)
- 1 Tbsp soy sauce
- 2 tsp grated fresh ginger
- ½ tsp sesame oil
- 1 egg
- 2 Tbsp lime juice
- ½ - ¾ cup whole wheat panko bread crumbs
- 2 Tbsp olive oil for sautéing
- Lime wedges for serving
- Sriracha sauce:
 - 2 tsp sriracha
 - ¼ cup mayonnaise (made with olive oil)
 - 1 tsp fresh lemon juice

Directions

- In a medium bowl, combine salmon, chopped pepper, green onion, and parsley. Set aside.
- Lightly whisk together mayonnaise, soy sauce, ginger, sesame oil, egg, and lime juice in a separate bowl. Add to salmon mixture and season with black pepper.
- Fold in ½ cup bread crumbs and shape into 8 patties. (Add additional ¼ cup bread crumbs if needed to form patties.) Refrigerate for 20 minutes until just firm.
- Meanwhile, in a small bowl combine sriracha sauce ingredients and set aside.
- Heat 1-2 Tbsp olive oil in a large nonstick skillet over medium-high heat. Cook croquettes, working in batches if necessary, 4 minutes per side until browned. Serve with lime wedges and sriracha sauce.