

## Salmon Cakes

3 teaspoons extra-virgin olive oil, divided  
1 small onion, finely chopped  
1 stalk celery, finely diced  
2 tablespoons chopped fresh parsley  
15 ounces canned salmon, drained, or 1 1/2 cups cooked salmon  
2 egg whites, lightly beaten  
1 1/2 teaspoons Dijon mustard  
1 3/4 cups fresh whole-wheat breadcrumbs  
1/2 teaspoon freshly ground pepper  
1 lemon, cut into wedges

Preheat oven to 450°F. Coat a baking sheet with cooking spray. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Saute celery and onion until softened. Stir in parsley and remove from heat.

In a medium bowl, flake salmon with a fork, removing any bones and skin. Add egg white and mustard, mix. Mix in sauteed celery and onion, breadcrumbs and pepper. Shape into 8 patties.

Heat remaining 1 1/2 teaspoons oil in the pan over medium heat. Add 4 patties and cook until the bottom sides are golden, 2 to 3 minutes. Using a wide spatula, turn them over onto the prepared baking sheet. Repeat with the remaining patties.

Bake in preheated oven until golden on top and heated through, 15 to 20 minutes. Serve salmon cakes with dill sauce and lemon wedges. Makes 8 servings.

Nutrition information per serving: 323 calories, 31 grams protein, 9 grams fat, 589 mg sodium.

## Creamy Dill Sauce

1/2 cup nonfat plain Greek yogurt  
2 scallions, thinly sliced  
1 tablespoon lemon juice  
1 tablespoon finely chopped fresh dill or parsley  
Freshly ground pepper, to taste

Combine all ingredients in a small bowl and mix well. Makes 8 servings.

Nutrition information per serving: 8 calories, 1 gram protein, 0 grams fat, 1 gram carbohydrate, 6 mg sodium.