

## **Salmon Patties**

From [eatingwell.com](http://eatingwell.com)

- 1 pound wild salmon fillet, skinned (see Tip)
- 2 tablespoons finely chopped red onion or scallion
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon finely chopped peeled fresh ginger
- 1/4 teaspoon kosher or sea salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil or canola oil

With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy) until you have a mass of roughly 1/4-inch pieces. Transfer to large bowl and gently stir in onion (or scallion), cilantro, ginger, salt and pepper, being careful not to over-mix. Divide the mixture into 4 patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

Heat oil in a large nonstick skillet over medium heat. Add the patties and cook until browned on both sides and just cooked through, 4 to 6 minutes total. Makes 4 servings.

Nutrition information per serving: 239 calories, 26 grams protein, 13 grams fat, 2 grams carbohydrate, 255 mg sodium.