

THE DIETITIANS NETWORK OF NOVA SCOTIA

Salmon Patties with Dill Sauce

Salmon is high in omega-3 fatty acids, which have been linked to healthy eyes, heart, and brain health. The majority of Canadians do not get enough omega-3 in their diet, so these patties are a simple and budget-friendly way to increase omega-3 intake.

Recipe Name:	Salmon Patties with Dill Sauce
Recipe by:	Ashley Hartnett, P.Dt
Short description of recipe:	These salmon patties are an easy weeknight dinner and can be whipped up in minutes!
Serves	2
Ingredients:	<p>Salmon Patties</p> <p>1 can of boneless, skinless canned salmon 1 tsp dried dill 1 egg 1 tbsp reduced-fat mayo ½ cup panko ½ small green pepper, finely chopped 1 tbsp chopped green onion Canola or olive oil</p> <p>Dill Sauce</p> <p>1/3 cup low-fat, plain yogurt 1 tsp dried dill 1 garlic clove, finely minced 1 tsp lemon juice Pinch of sugar</p>
Instructions:	<ol style="list-style-type: none">1. Mix all of the ingredients for the dill sauce together and set aside.2. Mix all of the ingredients for the patties together and form into four patties.3. Lightly oil a non-stick pan and heat on medium-high. When the pan is hot, add the patties and cook until golden brown on each side.4. Serve warm with the dill sauce and a side of steamed baby potatoes and your favourite raw or cooked veggies.