

## Salmon Cakes

Salmon is loaded with healthy, inflammation reducing omega-3 fatty acids which is one of the reasons you should eat wild caught fatty fish twice a week. Canned salmon provides a more budget friendly way to add it to your weekly meal rotation. Try serving these with a simple sauce made with mayo, lemon juice, fresh dill, and capers.

Prep Time: 10 mins

Total Time: 20 mins

Makes: 3 servings

### Ingredients:

2 (6 oz.) cans wild caught salmon  
2 large eggs, beaten  
3 tablespoons almond flour  
¼ cup finely chopped celery and/or bell pepper  
¼ cup finely chopped onion  
1 tablespoon mayonnaise  
1 tablespoon stone ground mustard  
1 clove garlic, minced  
½ tsp. ground black pepper  
¼ tsp. salt  
Zest of 1 lemon, optional  
Avocado oil or ghee for cooking

### Directions:

1. Mix all ingredients together in a medium bowl. Form in to 6 patties.
2. Heat a skillet over medium heat; add oil or ghee to coat the pan. Cook salmon patties 3-4 minutes until golden brown, flip and continue cooking an additional 2-3 minutes until heated through and browned on the second side.
3. Salmon cakes can be served hot, room temperature, or cold. Store refrigerated.