

Salmon Cakes with Yogurt Aioli



- 1 pound **cooked salmon** or 14³/₄-ounce can salmon
- 2 **green onions**, finely chopped, (including green parts)
- 2 **egg whites**
- 1/2 cup **canned corn**, drained
- 1/2 **red pepper**, finely diced
- 1 teaspoon **mustard**
- 1 teaspoon **cayenne pepper**
- 1/4 cup plus 1 Tablespoon **whole-wheat bread crumbs**
- 1 Tablespoon **avocado or coconut oil**

Yogurt aioli

- 1/4 cup **plain yogurt**
- 2 teaspoons **Dijon mustard**
- 1/2 teaspoon **garlic powder**

- 1 Flake salmon and mix with next six ingredients. Add 1/4 cup of the breadcrumbs and mix well. Refrigerate mixture for at least 15 minutes.
- 2 Form into 4 cakes. Dust each side with remaining breadcrumbs.
- 3 Put oil in pan and bring to medium heat. Add the cakes and cook until outside turns brown, approximately 3 minutes. Turn over and fry another 2 minutes until bottom is brown.
- 4 Top with yogurt aioli and serve.

Serves 4

SEASONED COOK

The secret to holding the cakes together is to refrigerate the salmon mixture before cooking, so the breadcrumbs absorb moisture from the other ingredients.

Salmon per serving:
215 calories, 27g protein,
16g carbohydrate (2g fiber),
5g fat (1g sat, 4g mono/poly),
217mg sodium

Aioli per serving: 12 calories,
1g protein, 2g carbohydrate
(0g fiber), 0g fat (0g sat,
0g mono/poly), 44mg sodium