

Quick & Easy Salmon Cakes

A tasty dinner using canned salmon

Serves 2-4

1 x 15 ounce can of salmon

1 cup dry bread crumbs or Japanese Panko

¼ cup mayonnaise

¼ cup minced green or white onion

1 teaspoon grated lemon zest

2 tablespoons lemon juice (1 medium lemon)

1 teaspoon soy or fish sauce

¼ teaspoon each salt and pepper

2-4 tablespoons butter or oil

Optional: prepared tartar sauce

Preheat oven to 400 degrees.

Drain salmon, place in a medium bowl and flake with a fork. (No need to remove small, soft bones.)

Stir in 1/2 cup of the bread crumbs/panko and the remaining ingredients, except for the butter.

Pour remaining bread crumbs/panko onto a large plate.

Gently form salmon mixture into 4-6 patties and sprinkle bread crumbs over to coat all sides.

Heat a large non-stick skillet over medium-high heat. Add 2 tablespoons oil or butter. Immediately put 4 salmon cakes in the skillet and cook for a minute or two until the breadcrumb coating is golden brown.

Flip the salmon cakes and cook the other side for another minute or two.

Place the cooked salmon cakes on a baking sheet and put them in the oven to cook all the way through, about 5 minutes.

Meanwhile, wipe out the frying pan and repeat the process with any remaining salmon cakes.

Serve with lemon wedges and/or tartar sauce.