RECIPE

Salmon Cakes with Mango Cucumber Salsa

Crispy salmon cakes are full of heart-healthy omega-3 fatty acids and finished with a refreshing antioxidant-rich mango salsa.

Makes: 4 servings
Prep Time: 30 minutes
Cook Time: 10 minutes

Source: MyPlate: Super Simple Cookbook

Small Changes, BIG Difference!

Ingredients

Salmon Cakes:

- 1 (15 oz.) can salmon, skin and bones removed
- 1/2 cup breadcrumbs
- 1 egg, beaten
- 2 Tbsp. mayonnaise
- 2 Tbsp. olive oil, divided
- Salt and pepper

Mango Cucumber Salsa:

- 2 ripe mangoes, diced
- 1 cucumber, seeded and diced
- 1 red bell pepper, diced
- 1/4 cup cilantro, chopped
- Juice of 1 lime
- 1/4 tsp. salt

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	200
Total Fat:	12g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	170mg
Total Carbohydrates:	22g
Dietary Fiber:	5g
Total Sugars:	5g
Added Sugars:	0g
Protein	4g

Directions

Salmon cakes:

1. Combine salmon, breadcrumbs, egg, mayonnaise, and 1 tablespoon olive oil in a large bowl. Season with salt and pepper
2. Shape salmon into four patties and refrigerate 20-30 minutes. Make the Mango Cucumber Salsa while you wait.
3. Heat remaining oil in a skillet over medium heat. Add salmon and cook 5 minutes per side, until browned and cooked through.

Mango Cucumber Salsa:

1. Combine mangoes, cucumber, and red bell pepper in a mixing bowl.
2. Add cilantro, lime and salt. Stir to combine. Taste and adjust with additional lime juice or salt.

Utensils Needed

- Sharp knife
- Cutting board
- Fork
- Peeler
- Large saucepan with lid
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small bowl
- Small skillet

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