

## **Salmon Patties**

- One 15-ounce can of unsalted wild salmon
- 1 egg, lightly beaten
- ¼ cup whole wheat flour
- ½ cup lowfat milk or water
- Salt to taste (optional)
- Olive oil

Flake the salmon with a fork and crush the bones. Add the remaining ingredients except the oil. Stir well. Lightly oil a baking sheet. Drop the salmon by ¼ cup onto the baking sheet. Broil for 6 to 8 minutes on each side or until browned. The patties can also be cooked on the stovetop in a lightly oiled skillet.

### **Makes 8 patties; Serves 4**

*Per serving (2 patties without salt or olive oil): 219 calories, 9.5 grams fat, 112 mg sodium, 7 grams carbohydrate, 101mg cholesterol, 1 gram fiber*

When fresh fish is too expensive my family enjoys these simple patties. They're easy to make and delicious. Salmon is a good source of the beneficial omega-3 fats. Unfortunately, because Americans consume such limited amounts of wild game and unprocessed foods, our intake of "good" fats is inadequate while our consumption of the "bad" fats (animal products, processed foods) is excessive. There is compelling evidence suggesting that the omega-3 fats found in fish oils help prevent coronary heart disease. In fact, the American Heart Association now recommends Americans eat at least two servings of fatty fish per week. For those with known coronary heart disease, the American Heart Association recommends about 1 gram of omega-3 fatty acids per day. One 3-oz. portion of salmon can provide 1 gram of EPA/DHA (the omega-3s in fish oils).

*\*Farmed fish is likely to contain more pollutants than wild fish. Canned salmon (almost always from wild salmon) is a good alternative to farmed fish.*

Best wishes for a healthy and happy New Year!

Your Partners in Health,  
**Candace and Lesley**