



Long Livo

Canned Salmon Patties – Easy Quick Snack

10 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 (6-oz) cans canned salmon, drained and flaked
- ☐ 1/2 cup panko breadcrumbs
- ☐ 1 large egg, lightly beaten
- ☐ 2 tbsp fresh dill, chopped
- ☐ 1 tsp lemon zest
- ☐ 1 tbsp lemon juice

- ☐ 1/2 tsp black pepper
- ☐ 1/4 tsp salt (adjust if using seasoned breadcrumbs)
- ☐ 2 tbsp olive oil for frying

Optional Dipping Sauce

- ☐ 1/4 cup plain Greek yogurt
- ☐ 1 tsp capers, minced
- ☐ 1 tsp fresh lemon juice
- ☐ Pinch of salt

Instructions

- 1** Drain the salmon well, then place it in a large bowl and flake it with a fork; the texture should be loose but not mushy.
- 2** Add the beaten egg, breadcrumbs, dill, lemon zest, lemon juice, pepper, and salt; gently fold everything together until just combined—don't over-mix.
- 3** With damp hands, shape the mixture into four equal patties, about 1/2 inch thick; set them on a plate.
- 4** Heat the olive oil in a non-stick skillet over medium-high heat. When it shimmers, add the patties, leaving space between each; cook 3-4 minutes per side until golden brown.
- 5** Transfer the cooked patties to a paper-towel-lined plate to drain any excess oil; serve immediately with the optional yogurt dip.

Nutrition per serving

280 kcal

Calories

22 g

Protein

12 g

Carbs

14 g

Fat

Tips & notes

- If the mixture feels too wet, sprinkle a little extra breadcrumbs before shaping.
- For extra flavor, toast the breadcrumbs lightly before mixing.
- These patties freeze well; reheat in a hot skillet for best texture.