



SALMON CAKES WITH TANGY MUSTARD SAUCE

- 3 cans **Crown Prince Natural Pink Salmon**, drained
- 1 can **Crown Prince Natural Smoked Alaskan Coho Salmon**, drained
- 1 potato, finely shredded
- 5 green onions, thinly sliced
- 2 red chilies, seeded and finely chopped
- 3/4 cup egg substitute
- 1/3 cup bread crumbs
- 3 tablespoons lemon juice
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon grated lemon rind
- hot sauce to taste



Mustard Sauce:

- 1/2 cup sour cream
- 1/2 cup low fat buttermilk
- 1/4 cup low fat mayonnaise
- 1/4 cup coarse mustard
- 2 tablespoons lemon juice
- 1/4 teaspoon dry mustard
- salt and black pepper to taste

Preheat broiler. Mix all ingredients for mustard sauce in a blender until smooth. Set aside. In a large bowl, combine remaining ingredients and mix well. Form into 8 patties and place them on a greased broiler pan. Broil 5 minutes on each side or until browned and heated through. Serve salmon cakes with mustard sauce. *Serves 8.*

Per Serving: 223 Calories (82 Calories from Fat), 9g Fat, 24g Protein, 12g Carbohydrate, 26mg Cholesterol, 396mg Sodium