



SPICY SALMON PATTIES WITH LEMON CILANTRO DRESSING

- 2 cans **Crown Prince Natural Pink Salmon**, drained and mashed (juices reserved)
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 3 Thai chilies, chopped
- 6 cloves garlic, minced
- 1 medium piece fresh ginger, finely chopped
- 1/2 bunch cilantro, finely chopped
- 1 egg, beaten
- 1 cup seasoned bread crumbs
- salt and black pepper to taste



Lemon Cilantro Dressing:

- juice of 2 lemons
- 6 ounces plain yogurt
- 1/2 bunch cilantro, finely chopped
- 2 cloves garlic, minced

Combine all dressing ingredients and chill for at least 10 minutes. In a frying pan, heat the oil and sauté the onion, chili, garlic and ginger until soft. Place in a medium bowl and combine with salmon. Stir in the cilantro, egg, bread crumbs, salt and pepper. If mixture is too dry, add some of the reserved salmon juices until you reach the desired consistency. Shape into patties and allow them to cool before frying. Fry patties in a shallow pan with olive oil until golden brown. Drain on paper towels before serving. *Serves 4.*

Per Serving: 360 Calories (73 Calories from Fat), 8g Fat, 36g Protein, 36g Carbohydrate, 96mg Cholesterol, 1007mg Sodium