

Quinoa and Salmon Croquettes

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Servings: 6

**Yield: 6 salmon
croquettes**

1/3 cup quinoa
1 1/2 pounds center-cut skin-on
salmon fillet
1 large egg, beaten
1/4 cup scallions (green parts only),
chopped
2 tablespoons all-purpose flour
grated zest of one lemon
1 teaspoon freshly ground black
pepper
Kosher salt
2 tablespoons coconut oil
lemon wedges (for serving)
1 cup applewood chips

Preparation Time: 35 minutes

Soak the applewood chips in water for 30 minutes. Meanwhile, cook the quinoa as the label directs.

Drain the applewood chips. Scatter them in a foil-lined flameproof roasting pan. Place the pan over two burners and heat over medium-low heat until the wood chips smoke, about 10 minutes.

Place the salmon, skin-side down, on a wire rack and carefully set the rack over the wood chips. Cover the roasting pan tightly with foil. Cook over medium-low heat until the salmon is just cooked through, 15 to 20 minutes. Remove the salmon from the smoker and let it cool to room temperature.

Preheat the oven to 350 degrees. Remove and discard the salmon skin. Then flake the salmon with a fork and transfer to a large bowl. Add the quinoa, egg, scallion, flour, lemon zest, pepper and one teaspoon of salt. Mix until well combined. Form the mixture into six patties about one-inch thick and 2-1/2 inches wide.

Heat the coconut oil in a large cast-iron skillet over medium-high heat. Sear the patties until crispy and deep golden brown, about 2 minutes per side. Transfer the patties to a rack set on a baking sheet. Bake until cooked through, about 12 minutes.

Serve the croquettes with lemon wedges.

Start to Finish Time: 2 hours 15 minutes

Per Serving (excluding unknown items): 97 Calories; 6g Fat (54.2% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	97	Vitamin B6 (mg):	trace
% Calories from Fat:	54.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	35.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	13mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	35mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	14mg	Vegetable:	0
Potassium (mg):	88mg	Fruit:	0
Calcium (mg):	12mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	411IU		
Vitamin A (r.e.):	11 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	97	Calories from Fat:	52
% Daily Values*			
Total Fat	6g		9%
Saturated Fat	4g		21%
Cholesterol	35mg		12%
Sodium	14mg		1%
Total Carbohydrates	9g		3%
Dietary Fiber	1g		3%
Protein	3g		
Vitamin A			1%
Vitamin C			0%
Calcium			1%
Iron			7%

* Percent Daily Values are based on a 2000 calorie diet.