
Salmon Croquettes II

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 can (7-3/4 ounce) salmon, drained

5 saltine crackers, crushed

2 eggs, slightly beaten

1/3 onion, chopped

1 teaspoon salt

pepper

Combine all of the ingredients in a bowl. Mix well. Form into patties.

Fry the patties slowly in butter, turning once, for about 7 minutes on each side.

(Delicious served with pan fried potatoes and corn.)

Seafood

Per Serving (excluding unknown items): 325 Calories; 15g Fat (41.8% calories from fat); 31g Protein; 15g Carbohydrate; 1g Dietary Fiber; 468mg Cholesterol; 2525mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat.