

Salmon Croquettes

Sylvia Woods and Christopher Styler, "Sylvia's Soul Food"
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Servings: 6

These croquettes can be made ahead of time and pan-fried at the last minute. They can be served with fried eggs and grits and a basket of warm biscuits.

You may have to cook the croquettes in batches. Keep the cooked ones on a baking sheet in a preheated 250 degree oven while cooking the rest.

1 can (15 1/2 oz) pink salmon
1 medium onion, diced
1 medium green bell pepper, cored, seeded and diced
2 large eggs
1/2 cup flour
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
vegetable oil for cooking

Drain the can of salmon and place the salmon in a large mixing bowl.

Add the onion, pepper, eggs, flour, salt and pepper. Mix thoroughly. The croquette mixture should be moist and not too chunky.

Grease one or two large heavy skillets lightly with oil and heat over medium heat. (A seasoned cast-iron skillet is perfect).

Use about 1/4 cup each of the croquette mixture to form patties three inches across and about 1/2-inch thick.

Cook the croquettes, turning them once, until golden brown on both sides, about 4 minutes.

Serve hot.

Per Serving (excluding unknown items): 92 Calories; 2g Fat (23.0% calories from fat); 6g Protein; 11g Carbohydrate; 1g Dietary Fiber; 78mg Cholesterol; 389mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.