

Salmon Patties

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Local 1155 Women's Committee Cookbook, Alabama

*1 can salmon
1 teaspoon poultry
seasonings
1/2 onion (optional),
chopped
1 egg
1/4 cup flour*

Skin the salmon and bone. Mash the salmon.
Add the egg, flour, poultry seasoning and onion.
Form into patties.

Grease a skillet.

Fry the patties until brown on each side.

Per Serving (excluding unknown items): 286 Calories; 8g Fat (26.7% calories from fat); 26g Protein; 24g Carbohydrate; 1g Dietary Fiber; 256mg Cholesterol; 128mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Fat.