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**Subject:** Salmon cakes recipe

**Date:** Tue, Feb 19, 2013 1:16 pm

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1 lb salmon - cooked and flaked  
3/4 c seasoned breadcrumbs  
1/2 c minced scallions  
1 tsp grated fresh ginger  
3 egg whites  
2 tsp dijon mustard  
1/4 tsp black pepper  
2 tsp oil

Heat oil in skillet. Mix all ingredients together and form into patties (makes about 4). Saute cakes about 4 mins on each side.

305 calories - 26g protein - 17g carbs - 14g fat - 3g sat fat - 60mg chol - 1g fiber - 760mg sodium