



THIS MONTH, JANICE NEWELL BISSEX AND LIZ WEISS (LEFT TO RIGHT), AKA THE MEAL MAKEOVER MOMS, SHOW YOU A NEW WAY TO CATCH FISH.

## Corny Salmon Cakes

We've all heard the recommendation...eat more fish. But it's hard to get hooked when the kids say "yuck." Corny Salmon Cakes don't look anything like your usual fish, and they certainly don't taste "yuck." This recipe is a takeoff on traditional crab cakes, minus the full-fat mayonnaise and half a stick of butter in the frying pan. PHOTOGRAPHED BY PAULA HIBLE

SERVES: 4 • PREP TIME: 15 Minutes • COOKING TIME: 10 Minutes

- 1 can (6 ounces) boneless, skinless pink salmon, drained and finely flaked
- 1 cup dry bread crumbs, divided
- 3/4 cup shredded reduced-fat Cheddar cheese
- 3/4 cup frozen corn kernels, thawed
- 1/3 cup light canola mayonnaise
- 1 large egg, beaten ← optional
- 2 tablespoons ketchup
- 1 tablespoon canola oil

1. Combine the salmon, 1/2 cup bread crumbs, cheese, corn, mayonnaise, egg, and ketchup in a bowl and mix well.
2. Shape the mixture into 8 patties and coat with the remaining 1/2 cup bread crumbs.
3. Heat half the oil in a large nonstick skillet over medium heat. Cook the patties (in two batches, if necessary) until golden brown, 5 minutes. Add the remaining oil to the skillet, flip the patties, and cook an additional 5 minutes.

### NUTRITION INFO PER 2

CAKES: 370 calories; 18g fat (4.5g saturated, 1.62g omega-3); 850mg sodium; 27g carbohydrates; 2g fiber; 27g protein; 210mg calcium

Food styling: Brian Resnick; Campbell for Mark Edwards, Inc./Prop styling: Karen Shinbaum; Plate: Plumparty.com