



Spicy Salmon Patties

20 minutes Prep Time

4 servings

Ingredients:

1/4 cup of egg beaters

1 lb fresh wild salmon fillet

3 Tbsp canola oil

1/2 small green pepper, minced

1/2 small red onion, minced

2 garlic cloves, minced

1 tsp Magic Salt Free Seasoning

1 tsp Ms. Dash Extra Spicy

Freshly ground black pepper

1/3 C ground bran flakes

Preparation:

Step 1

Preheat broiler to high. Line a baking sheet with foil, spray with non-stick spray and set salmon on top. Broil until both sides are broil total. Peel off skin and set

filets aside. Place your plain bran flakes cereal into the food processor and grind it into a ground flour mixture and then place it aside.

Step 2

Heat 1 T oil in a medium skillet over medium heat. Add peppers and onions and cook, stirring often, until soft about 3 minutes. Stir in minced garlic cloves for about 30 seconds. Set aside.

Step 3

Flake salmon into small pieces. Stir in onion-pepper-garlic mixture, magic salt-free seasoning, Ms. Dash seasoning, ground black pepper, ground bran flakes and egg beaters.

Step 4

Use a 1/4 cup measure to shape mixture into patties and then place it in a skillet over medium-high heat until hot. Cooked salmon patties until browned, 6-10 minutes total.