

Salmon Cakes

Ingredients:

- 1 pound cooked salmon
- 4 tbsp mayonnaise
- 2 tbsp tzatziki sauce, optional
- 1 egg
- 2 tbsp olive oil
- 2 tsp mustard, Dijon or similar
- 1 tbsp Worcestershire Sauce
- The juice of one lemon (about 1 tbsp)
- 2 tsp Old Bay
- Chopped parsley, 1 sprig, or 2 tsp dry parsley
- Breadcrumbs, about a half cup



Instructions

1. Preheat oven to 375 degrees.
2. Cut salmon into chunks, small
3. Mix mayo, egg, oil, mustard, Worcestershire, lemon. And tzatziki sauce if desired.
4. Stir fish pieces in until it is all mixed
5. Add Old Bay and parsley
6. Add enough breadcrumbs so it's not liquid
7. Form into small patties.
8. Spray baking pan with oil, put on the patties, and spray the top. Can sprinkle on paprika.
9. Cook about 15-20 min or until browned