



Corny Salmon Cakes

Two 6-ounce cans boneless, skinless pink salmon, drained and finely flaked
1 cup dried breadcrumbs, divided
3/4-cup pre-shredded reduced-fat Cheddar cheese
3/4 cup frozen corn kernels, thawed
1/3-cup light canola mayonnaise
2 tablespoons ketchup
1 large egg, beaten
1-tablespoon canola oil

1. Combine the salmon, 1/2-cup breadcrumbs, cheese, corn, mayonnaise, ketchup, and egg in a bowl and mix until combined.
2. Shape the mixture into 8 patties and coat with the remaining 1/2-cup breadcrumbs.
3. Heat half the oil in a large nonstick skillet over medium heat. Cook the patties until golden brown, 5 minutes. Add the remaining oil to the skillet, flip the patties and cook an additional 4 to 5 minutes.

Nutrition Information per Serving: 390 calories, 18g fat (3g saturated, 1.8g omega-3), 800mg sodium, 26g carbohydrate, 2g fiber, 33g protein, 20% calcium