

Salmon Patties with Canned Salmon

*A Southern classic with a twist! These crispy, golden salmon patties bring comforting flavors straight from Southern kitchens. Made with canned salmon, zesty shallots, and a touch of Old Bay seasoning, they're quick, hearty, and perfect for a weeknight meal.
Serve them with a side of coleslaw or cornbread for a true taste of the South!*

Serves: 6

Serving Size: 1 patty

Ingredients

- ¼ cup mayo
- 1 egg
- 12 ounces canned salmon (boneless, skinless)
- ¼ cup shallots or red onions, diced small
- ¼ cup green bell peppers, diced small
- 1 tablespoon minced garlic (or 1 teaspoon garlic powder)
- 2 tablespoons parsley, chopped (or 1 tablespoon dried parsley)
- 1 teaspoon Old Bay seasoning
- 2 tablespoons breadcrumbs (for mixing)
- 1 tablespoon breadcrumbs (for coating)
- Cooking spray

Directions

1. In a large mixing bowl, whisk together the mayo and egg until smooth.
2. Add the canned salmon, shallots (or red onions), green bell peppers, garlic, parsley, Old Bay seasoning, and 2 tablespoons of breadcrumbs to the bowl.
3. Use a rubber spatula to gently mix until all ingredients are well incorporated.
4. Form the mixture into about 6 equal-sized patties.
5. Sprinkle the remaining 1 tablespoon of breadcrumbs on the tops and bottoms of the patties for extra crunch.
6. Cook in a lightly greased air fryer or skillet until golden brown and crispy on both sides.
7. Serve warm with your favorite dipping sauce. Enjoy!

Nutrition Info per serving:

Calories: 172, Saturated Fat: 2 g, Sodium: 325 mg, Added Sugars: 0g, Fiber: 0.4 g Protein: 14 g

Recipe from:

<https://blackpeoplesrecipes.com/salmon-patties-with-canned-salmon/>