

A top-down photograph of a dark grey plate containing three golden-brown salmon patties, fresh spinach leaves, and a lemon wedge. A silver fork and knife are visible on the right side of the plate. A white napkin is partially visible at the bottom right. A blue horizontal bar with white text is overlaid across the middle of the image.

## Salmon and Spinach Patties

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Prep Time: 10 min.

Cook Time: 5-7 min.

Yields: 4 servings

## INGREDIENTS:

2-3 tbsp	Extra Virgin Olive Oil (EVOO)
1 fillet	Salmon (10 oz)
1 bag/bunch	Spinach
1 tsp	Dry Mustard
1 tsp	Oregano
1 tsp	Onion Powder
1 tsp	Parsley flakes
1 clove	Garlic, minced
1 tsp	Cayenne (optional)
1	Egg
½ cup	Whole wheat bread crumbs
	Salt and pepper to taste
	Cooking spray
	Additional vegetable may be cut & added such as zucchini, carrots, onions, kale, etc.

## DIRECTIONS

1. Begin by placing 2 tbsp of olive oil in a heated skillet.
2. Once oil is hot, place salmon fillet into the skillet. (Place skin side down first, if skin on).
3. Cook each side for 3 - 5 minutes.
4. Add the seasonings to each side (season to taste).
5. Once done, place in mixing bowl (remove skin) and pull apart.
6. In the same skillet, add tbsp olive oil and place spinach and any other diced or chopped veggies.
7. Sauté spinach for approximately 3 - 5 minutes (until cooked).
8. Place spinach in mixing bowl with salmon.
9. Then add egg, breadcrumbs, and dry mustard to the salmon mixture and mix together.
10. Begin to make patties by taking a small amount of the mixture and make a ball and flatten out.
11. Heat skillet. Spray with cooking oil if needed. Place the patties on the skillet and cook until they are golden brown on each side.

### Healthy Tip!

Salmon is one of the best sources of omega-3 fatty acids, which can have several health benefits like decreasing inflammation and lowering blood pressure.



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