

Salmon Cakes

9 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
3. Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
4. Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
5. Divide between plates and season with additional salt or lemon juice if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two salmon cakes.

More Flavor

Add other dried herbs and spices to taste.

Additional Toppings

Serve with favorite dipping sauce.

No Canned Salmon

Use canned tuna instead.

No Fresh Garlic

Use garlic powder instead.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 2 Carrot (medium, peeled, and roughly chopped)
- 1/4 cup Red Onion (roughly chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1/2 tsp Dried Dill
- 1/4 tsp Sea Salt
- 5 ozs Canned Wild Salmon (drained)
- 2 Egg (whisked)
- 2 tbsps Coconut Flour

Nutrition

Amount per serving

Calories	169	Vitamin C	6mg
Fat	7g	Calcium	60mg
Saturated	2g	Iron	2mg
Carbs	9g	Vitamin D	433IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	3g	Folate	29µg
Protein	18g	Vitamin B12	2.9µg
Cholesterol	155mg	Magnesium	23mg
Sodium	466mg	Zinc	1mg
Potassium	362mg	Selenium	27µg
Vitamin A	7073IU		

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