

## Low-Carb Salmon Cakes

This easy salmon cake recipe is a great way to use up leftover cooked salmon, especially during the summer months when wild Alaska salmon is in season. No leftovers? No problem. Many grocery stores now cook seafood for you while you shop! Or feel free to crack open canned salmon, using one 14-ounce can and one 7-ounce can, drained.

The secret to making the patties low-carb is replacing bread crumbs with almond flour, which adds vitamin E, too.

Serve the salmon cakes over a green salad or with creamy Dijon sauce.

### For the salmon cakes:

- 2 large eggs
- 1/2 cup yellow onion, minced
- 1 pound cooked salmon
- 1/3 cup avocado oil mayonnaise
- 1/4 cup almond flour or meal
- 2 teaspoons dried dill (or 2 tablespoons fresh chopped dill or parsley)
- 1 tablespoon lemon juice
- 1/4 teaspoon freshly ground black pepper
- Salt, to taste
- 3 tablespoons extra-virgin olive oil, divided

### For the creamy Dijon sauce:

- 1/4 cup avocado-oil mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon lemon juice
- Pinch of dried dill

**To make the salmon cakes:** Beat eggs in medium mixing bowl. Add onion, salmon, mayonnaise, almond flour, dill or parsley, lemon juice, pepper, and salt. Stir until combined while breaking up large chunks of salmon. You may refrigerate the salmon mixture until ready to cook or prepare immediately.

Preheat large skillet or sauté pan on medium-low heat and add 1 1/2 tablespoons oil to pan. Portion salmon into patties using a 1/4 cup dry measuring cup and carefully release patty into hot oil. Flatten slightly using the bottom of the measuring cup. Repeat this process with half of the mixture while allowing at least one inch of space between patties. Brown for 3 minutes on one side and gently turn to the other side with a small flexible spatula. Cook for 2 minutes. Remove patties to a plate lined with paper towels. Add 1 1/2 tablespoon oil to the pan and cook remaining patties.

**To make the sauce:** Combine all of the sauce ingredients.

Serve salmon cakes with sauce.

Makes 5 servings, 2 1/2 patties per serving (with 1 tablespoon sauce)

Prep time: 20 minutes

Cook time: 10 minutes