

SAVORY SALMON CROQUETTES

Original recipe by Karen Davis (New York)

Makes 12 servings (2 croquettes)

Ingredients:

- ◆ 5 oz. (2 cups) fat-free or reduced-fat wheat crackers
- ◆ 1 small yellow onion, very finely chopped
- ◆ 2 Tbsp. chopped fresh parsley (or 1 Tbsp. dried)
- ◆ 1 tsp. chopped fresh rosemary (or ½ tsp. dried)
- ◆ ½ tsp. garlic powder
- ◆ ¼ tsp. black pepper, or to taste
- ◆ 2 (7.5 oz.) cans pink salmon, bones removed
- ◆ 2 large eggs, beaten

How to make:

Adults: Help with the prep of the ingredients, such as chopping. Preheat oven to 375 °F.

Kids: Place crackers in a medium bowl. Crumble crackers into crumbs with hands. Alternatively, mash crackers with fists in a sealed plastic bag, then add to bowl. Stir in onions, parsley, rosemary, garlic powder and pepper. Then plop in salmon with juice and beaten eggs. Mix well with large spoon.

Kids and Adults: Form the salmon mixture into approximately 24 golf ball-size croquettes. (Hint: Wet your hands first to prevent sticking.) Place on a nonstick pan. Spray each croquette with cooking spray until evenly coated. Bake for 20-25 minutes, or until golden brown.

OPTIONAL: Make a yogurt-dill dressing to serve with croquettes. Stir together 1 (6-oz.) container plain, fat-free yogurt with 1 ½ tsp. dried dill weed; serve alongside the warm croquettes, if desired.

These are perfect party pleasers. And, if you have any leftovers, freeze them for later.

HEALTHY RECIPE MAKEOVER HOW-TO:



Instead of frying these croquettes, they're just lightly sprayed with oil and baked. Reduced fat crackers are used, too.

Did you know?

Salmon is rich in Omega-3 fatty acids. That makes it good for your heart!

Nutrition Info per serving (without dressing):

120 Calories, 10 g Carbohydrates, 9 g Protein, 4.5 g Total fat, 1 g Saturated fat, 65 mg Cholesterol, <1 g Dietary Fiber, 300 mg Sodium, 2% Vitamin A, 2% Vitamin C, 8% Calcium, 4% Iron