

Salmon Cakes with Spinach Sauté

Yield: 4 servings

Ingredients***Salmon***

2 cans (7-1/2 oz./213 g per can) salmon, with bones
1-1/2 scallions, chopped
1 egg, beaten
1/4 cup (60 mL) whole-wheat breadcrumbs
1/2 tsp. (2 mL) curry powder
1 tsp. (5 mL) olive oil

Dipping sauce

2 Tbsp. (30 mL) low-sodium soy sauce
1/8 tsp. ground ginger
4 cups (1 L) brown rice, cooked

Spinach

2 tsp. (10 mL) olive oil
1 tsp. (5 mL) chopped garlic
1 bag (12 oz./340 g) pre-washed baby spinach

Preparation***Salmon***

Drain salmon (keep bones) and place in a bowl.
Stir in 1 scallion, beaten egg, breadcrumbs and curry. Form 4 patties.
Heat oil in a medium pan over medium heat.
Cook patties until light brown, about 4 minutes. Flip and cook about 3 minutes.
Serve over rice.

Dipping sauce

Mix soy sauce, ginger and remaining 1/2 scallion.

Spinach

Heat oil in a large pan over medium heat.
Sauté garlic until just browned, about 1 minute.
Add spinach; cook until wilted, about 4 minutes.

PER SERVING (1 salmon cake with spinach sauté and dipping sauce)

(approximate values)

Calories: 370
Calcium: 300 mg
Vitamin D: 810 IU