

## **SALMON CAKES**

1 can (15 ½ oz) red or pink salmon

1 egg

3T trans fat free mayonnaise

3 T minced scallion

2 T sweet pickle relish

¼ cup fine bread crumbs (or use oats, brown rice flour or seasoned cornmeal)

Combine ingredients and form 4 cakes (I use a ¼ cup scoop) Saute in a small amount of olive oil.

For variety, change seasonings (eg: add dill) or roll in seasoned crumbs before sautéing.

Serve with steamed greens or a big salad, rice or three bean salad.