

Salmon Patties

Ingredients:

- 1- 15oz can of salmon, undrained (*or tuna*)
- 1 c. bread crumbs or crushed crackers (*try using crushed pork rinds or oatmeal for a lower carb version*)
- 1/2 t. pepper
- 1 T. sugar (*I have been using [Stevia](#) in place of the sugar*)
- dash of lemon pepper seasoning, optional
- 1 egg, optional
- oil or butter for frying

Directions:

Use a fork to mix together salmon, bread crumbs, egg (if using) and seasonings.

Use hands to form into small patties, set aside.

Heat a small amount of oil in a skillet.

Fry patties, in small batches, until crispy and brown on both sides.

Makes about 8-10 patties.

We like to eat these with [Mashed Potatoes](#), [Creamed Peas](#), and sometimes with a slice of fresh pineapple!