



# Southwest Salmon Cakes

Total yield: 18 cakes • 9 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

## Ingredients

- 40 oz** Chicken of the Sea® Wild Caught Pink Salmon, Boneless & Skinless
- 3 c** Roasted yellow corn
- 1 c** Diced shallots
- 3 Tbsp** Italian parsley, finely chopped
- 4** Eggs, beaten
- 6 Tbsp** Unsalted butter, melted
- 3 Tbsp** Fresh ginger, grated
- 1 Tbsp** Smoked paprika
- 1 Tbsp** Chili powder
- 2 tsp** Soy sauce
- ½ c** Reserved salmon liquid
- 4 c** Dried plain bread crumbs
- 3 Tbsp** Frying oil
- 4 ½ c** Low sodium black bean and corn salsa

## Preparation

- 1.** Drain salmon and reserve liquid. Combine and gently mix salmon, corn, shallots, parsley, eggs, butter, ginger, paprika, chili powder, soy sauce, and measured reserved liquid.
- 2.** Gently fold 2 c of bread crumbs in to mixture, being careful to keep salmon chunks intact. Using a #12 scoop, portion out patties, pressing together firmly. If needed, add some of the leftover bread crumbs to bind patty together.
- 3.** Heat oil over medium heat. Gently dredge patties in remaining bread crumbs and place in skillet. Cook each side until golden brown (about 3 minutes per side), to an internal temperature of 160°F.
- 4.** Portion ½ c of salsa on plate. Place 2 salmon cakes on top of salsa.

## Try this recipe for:

- Room Service
- Buffet
- Traditional Tray Service
- Retail/Cafe
- Catering

## Suitable for:

- Mechanical Soft Diet

Please compare recipes against your own diet manual.



## Nutrition Facts

Amount Per Serving		Calories 420		Calories from Fat 140	
		% Daily Value*			
<b>Total Fat</b>	16g			<b>25%</b>	
Saturated Fat	7g			<b>35%</b>	
Trans Fat	0g				
<b>Cholesterol</b>	180mg			<b>60%</b>	
<b>Sodium</b>	770mg			<b>47%</b>	
<b>Total Carbohydrate</b>	37g			<b>12%</b>	
Dietary Fiber	6g			<b>24%</b>	
Sugars	10g				
<b>Protein</b>	34g				
<b>Vitamin A</b>	30%	<b>Vitamin C</b>	35%		
<b>Calcium</b>	15%	<b>Iron</b>	20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:					
		Calories:	2,000	2,500	
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		
Calories per gram:					
		Fat	9	Carbohydrate	4
				Protein	4

## Garnishing ideas

Drizzle southwestern dressing on each salmon corn cake. Serve with lime wedges.

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