

Seafood patties

Recipe reprinted with permission from: Ottawa Public Health Nudge Strategies Toolkit



Ingredients:

- 1 can (6 oz / 170 g) tuna or 1 can (7 ½ oz/ 213 g) salmon, drained
- ¼ cup (60 mL) finely chopped celery
- 2 Tbsp (30 mL) relish
- 2 eggs, lightly beaten
- ½ cup (125 mL) breadcrumbs
- 2 green onions, chopped, or ¼ cup (60 mL) onion, finely diced
- black pepper to taste
- vegetable oil for frying

Servings: 4 patties



Preparation:

1. In a large mixing bowl, combine all ingredients except the oil
2. Shape into 4 patties
3. Heat oil in a non-stick pan over medium heat
4. Cook patties until both sides are golden brown, about 3 minutes per side

Tip: keep bread crusts for making breadcrumbs. Dry them out in a low temperature oven and then crush in a blender, or in a bag with your hands or a rolling pin. Freeze the crusts or the crumbs to store longer.