



# ***Salmon and Potato Cakes***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

4 golden potatoes, peeled and diced  
1 small lemon, zested and juiced  
1/3 cup fresh dill, minced  
2 tablespoon minced Italian parsley  
14 ounces cooked fresh or canned salmon (skin and bones removed)  
2 eggs, yolk and white separated; egg whites beaten stiff  
6 cups mixed greens

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## ***Directions***

Preheat oven to 350°F. Cook potatoes in a medium pot of boil water for 20 minutes or until tender. Drain and cool slightly.

While the potatoes are cooking, prepare the Mustard-Dill Sauce: Combine in a small bowl 1/4 cup Dijon mustard, 2 teaspoons sugar, 2 tablespoons white balsamic vinegar, 1/4 cup canola oil, and 1 tablespoon fresh minced dill. Set aside.

Place potatoes in a bowl and mash. Mix in the lemon juice and zest, dill, parsley and egg yolks. Gently mix in salmon. Fold in egg whites. Form mixture into twelve salmon patties, 2 inches in diameter and 1/2 inch thick (they will be a little sticky).

Heat a large sauté pan over medium heat. Using a small amount of canola oil, spread over pan. Cook the salmon cakes (4-6 at a time) for 3-5 minutes per side (or until lightly brown). Repeat with remaining cakes. Serve the cakes on a bed of greens and drizzle with the mustard-dill sauce. Enjoy!