

Wasabi Salmon Cakes

INGREDIENTS:

1 (14 ounce) salmon (boneless or skinless) cooked
1/4 cup low-fat mayonnaise
1/4 cup plain breadcrumbs
1 egg, beaten
2 tablespoons wasabi
1 teaspoon tamari or 1 teaspoon soy sauce
1 tablespoon rice vinegar or 1 tablespoon lemon juice
1/4 cup finely chopped red bell pepper
extra breadcrumbs
cooking spray
olive oil
3 T finely chopped green onions

DIRECTIONS:

1. Mix the top ingredients together in a big bowl; Adding extra breadcrumbs till the texture is workable.
2. Roll into balls and flatten into patties.
3. Press the patties into the extra breadcrumbs.
4. Spray tops with Pam, flip and spray bottoms.
5. Cook in large skillet over medium-high heat in a little olive oil until nice and brown and firm to the touch.

Yield: 6 patties