



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

This institution is an equal opportunity provider. This material is funded by the USDA's Supplemental Nutrition Assistance Program- SNAP. Chicago Partnership for Health Promotion (CPHP) is a unit of the Office of Community Engagement And Neighborhood Health Partnerships (OCEAN-HP) representing a network of community-based interventions designed to improve nutrition and reduce disparities in outcomes associated with nutritional diseases, including obesity. CPHP provides high quality, age, gender, and culturally tailored nutrition education in various venues across the city. University of Illinois Extension: the <https://go.illinois.edu/EatMoveSave> University of Illinois at Chicago: <http://cphp.uic.edu>

MEAL KIT.

Salmon Patties

Recipe adapted from University of Minnesota Extension

Ingredients:

15-ounce can salmon
tablespoon lemon juice or 2 fresh lemons
Cold water
¼ cup of each minced celery
¼ cup of green peppers
¼ cup of onion
2 eggs
1 tablespoon flour
⅛ teaspoon black pepper
1 tablespoon vegetable or olive oil
15-ounce breadcrumbs

Directions:

Time needed: 10 minutes of preparation,
30 minutes cook time

1. Wash the vegetables.
2. Open the salmon, and drain the liquid into a measuring cup.
3. Add lemon juice and enough cold water to make ½ cup.
4. In a separate bowl, beat the eggs with a fork, and stir in the salmon and vegetables.
5. Add flour, pepper, breadcrumbs, and salmon liquid and mix well.
6. Make six patties, about ½-inch thick.
7. Heat the oil in a skillet and cook patties for 2-3 minutes per side.

SERVES
4-6