

# Dilled Salmon Cakes

## Ingredients

### Salmon Cakes

- 1 can (4.75 oz) pink salmon, drained, skin and bones removed
- 3/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/3 cup skim milk
- 1/3 cup liquid egg substitute with yolk or 1 egg, lightly beaten
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill or 1 tsp dried dill weed
- 1/4 tsp salt (optional)

### Sauce

- 1/2 cup plain nonfat yogurt
- 1/3 cup seeded, chopped tomato
- 1/3 cup seeded, chopped cucumber
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill or 1 tsp dried dill weed

## How to make it

1. In small bowl, combine sauce ingredients; mix well.
2. Cover and chill while making salmon cakes.
3. In medium bowl, combine ingredients for salmon cakes; mix well.
4. Let stand 5 minutes.
5. Shape into 6 oval patties.
6. Lightly spray large nonstick skillet with cooking spray.
7. Cook salmon cakes over medium heat 3 to 4 minutes on each side or until golden brown and heated through.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	6

## Made with



Quaker® Oats-Old Fashioned

8. Serve with sauce.