

Salmon Patties

Ingredients:

- 1 can salmon (15 1/2 ounces, drained)
- 1 cup whole grain crackers, crushed
- 1/4 cup bell pepper, finely chopped
- 1/4 cup celery, finely chopped
- 1 stalk green onion, chopped
- 2 large eggs, lightly beaten
- 1/2 cup low-fat milk
- 1/8 teaspoon garlic powder OR 1 clove fresh garlic, finely chopped
- 1/8 teaspoon no-salt Creole seasoning
- 1 tablespoon vegetable oil

Instructions:

1. Drain the liquid from the canned salmon. In a large bowl, use a fork to flake salmon.
2. In a small bowl, crush crackers into crumbs.
3. Add cracker crumbs, bell pepper, celery, green onion, eggs, milk, garlic powder, and no-salt Creole seasoning to salmon and mix thoroughly.
4. Shape mixture into nine patties, about 1/3 cup each.
5. Heat oil in a skillet.
6. Over medium heat, carefully brown both sides until each patty is thoroughly cooked, about 3-4 minutes.

Source: Missouri Nutrition Network "Eat for Health Toolkit"

Serves: 9
 Prep Time: 10 minutes
 Cook Time: 12 minutes

Nutrition Facts	
9 servings per container	
Serving size	1 patty
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 240mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 139mg	10%
Iron 1mg	6%
Potassium 302mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Hot Sauce Aioli

Ingredients:

- 3 tablespoons mayonnaise, light
- 1 teaspoon Dijon mustard
- ½ teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- ½ tablespoon hot sauce

Instructions:

1. Top with Hot Sauce Aioli: Combine light mayonnaise, Dijon mustard, Worcestershire sauce, lemon juice, and hot sauce in a small bowl with a whisk or fork.
2. Cover and refrigerate up to 3 days until ready to serve alongside Salmon Patties.

Source: Sweet Cayenne

Serves: 9

Prep Time: 5 minutes

Nutrition Facts

9 servings per container

Serving size 2 teaspoons

Amount per serving

Calories 15

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

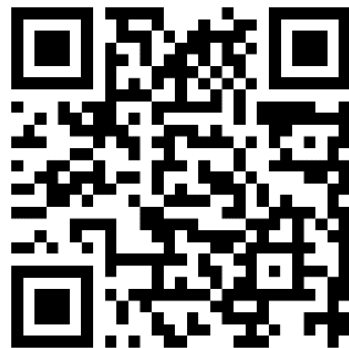
Calcium 1mg 0%

Iron 0mg 0%

Potassium 7mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com



Sauteed Kale

Ingredients:

- 1 ½ pounds kale
- 3 tablespoons vegetable or olive oil
- ¼ teaspoon garlic powder
- ½ cup low-sodium vegetable or chicken broth

Instructions:

1. Wash each kale leaf under cool water. Cut the toughest stems out of the center of each leaf. Tear or cut the leaves into small pieces.
2. In a large pot, heat up oil on medium heat. Add kale, low-sodium broth, garlic powder, and salt.
3. Cover for about 5 minutes, stirring occasionally.
4. Take the cover off and continue cooking until most of the broth has cooked away, about 5 minutes.
5. Serve while hot.

Source: LSU AgCenter

Serves: 4
Prep Time: 5 minutes
Cook Time: 10 minutes

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 255mg	20%
Iron 3mg	15%
Potassium 838mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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