

Sweet Potato Salmon Cakes



+ PROTEIN

+ CALCIUM

+ OMEGA - 3

Ingredients

1 medium sweet potato, peeled,
cooked and mashed (about 1/2 cup)
1 can of salmon (7.5oz)
2 eggs

1/4 cup of breadcrumbs or crushed crackers
(add more if it feels too wet)
1 Tbsp of chopped fresh dill (or 1 tsp dry)
1-2 Tbsp of chopped fresh chives
pinch of salt and pepper
2 tsp of oil for cooking

Directions

Once sweet potatoes have cooled, combine all ingredients in a large bowl and mix well. Shape into small patties and set aside. Heat oil over medium heat and saute each patty for 3-5 minutes per side, until slightly golden and crispy.

Notes

If using fresh salmon (ie not canned) use 6 ounces, skin removed.
Note that only canned salmon is a source of calcium!

These are best enjoyed with 1-2 days as they don't freeze well.