

SALMON SLIDERS WITH SOY, HONEY AND GINGER



DIFFICULTY
EASY



TIME
25 MIN



SERVES
4

INGREDIENTS

- 1 egg
- Two 5-6 ounce cans of salmon, drained if necessary
- 1 tsp garlic powder or 1 clove of garlic, minced
- 1 tsp finely grated ginger root
- ½ cup thinly sliced green onions (2-3 each)
- 1 Tbsp tamari or soy sauce
- ½ cup cilantro, roughly chopped
- 1 tsp honey
- ¼ tsp black pepper
- ¼ tsp 5-spice powder
- 1 Tbsp olive oil
- Salt and pepper to taste
- To garnish: small lettuce cups, pickled ginger, sesame seeds

DIRECTIONS

1. In a mixing bowl, beat the egg until uniform in color.
2. Add in the salmon and the rest of the ingredients except the olive oil and garnish suggestions. Gently combine.
3. Form the salmon mixture into 8-10 sliders and freeze for 15 minutes.
4. After 15 minutes, in a medium saute pan, heat the olive oil over medium heat. Add the salmon cakes.
5. Brown the cakes on one side (about 3-4 minutes). Turn the cakes over and cook for 2-3 more minutes. Serve in lettuce cups with pickled ginger and sesame seeds.

NUTRITION FACTS PER SERVING

Calories: 150 **Fat:** 9.6g (**Saturated Fat:** 1.8g) **Carbohydrates:** 3.2g **Fiber:** 0.5g **Sugar:** 1.9g
Protein: 14.2g **Sodium:** 540mg



CALIFORNIA SCHOOLS
VEBA

Leslie Myers | Chef | VEBA Resource Center