**Salmon Cakes w/ Tartar Sauce**

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**Background**

Spring time was a time of famine when the snow was melting and too deep to walk in, and rivers were full of moving ice. When the ice cleared the first fish they caught in nets or fish traps was white fish. It was made into soups (cooked with rice or potatoes or both), fried or baked with rice, salt & pepper. The greens enjoyed with white fish were fiddlehead ferns either fried or boiled.

**Nutrition Facts**

Serves 4 Per serving: Calories 330 | Sodium 370mg | Total fat 15 mg | Saturated fat 2g | Carbs 20g | Protein 29g | Fiber 5g

Whitefish is a relative of salmon (Salmonidae family). Our native traditional food is sustainable and good for the environment. Low in saturated fat, high in omega-3 fats, good for the heart (cardiovascular system), and protein rich. Salmon is also rich in vitamins 2, 3, 6 and 12. It's an overall healthy food preventing hypertension, high cholesterol, diabetes, arthritis, lupus, osteoporosis, depression, cognitive decline, brain disorders, asthma, breast, colon, and prostate cancers according to the University of Maryland Medical Center.

**Ingredient List**

**Salmon Cakes**

● 1-pound skinless salmon filet (or 1-14.75 oz. can no-salt added salmon, drained)

● ½ cup fine, diced red onion

● 1 tablespoons lemon juice

● Half of 9 oz. pkg frozen chopped spinach, squeezed dry (approximately ½ cup)

● ¼ cup low-fat sour cream

● 2 tablespoons Dijon mustard

● ½ cup whole wheat breadcrumbs or grated zucchini

● 2 tablespoons canola oil

● 1 egg (optional)

● ¼ cup of water to cook salmon if uncooked

**Tartar Sauce**

● Mayo

● Pickles

● Lemon Juice

**Preparation Instructions**

1. If uncooked, steam salmon with ¼ cup water in covered pot for 10-15 minutes until cooked through.

2. Cut the salmon into 1-inch pieces.

3. Blend in a food processor (or with a bowl and fork) until minced.

4. In a large bowl, mix the onion, lemon juice, spinach, and sour cream, mustard, breadcrumbs, and optional egg.

5. Add the salmon and mix to combine.

6. Form into 3-inch cakes that are 1/2 –inch thick.

7. In a large non-stick pan, heat 1 tablespoon of the oil over medium heat.

8. Fry half the cakes until lightly browned, 1-2 minutes per side.

9. Heat the remaining 1-tablespoon of oil and fry the remaining cakes.