

# Corny Salmon Cakes

Makes 4 Servings

Two 6-ounce cans boneless, skinless pink salmon, drained and finely flaked

1 cup dried bread crumbs, divided

3/4 cup preshredded reduced-fat Cheddar cheese

3/4 cup frozen corn kernels, thawed

1/3 cup light canola mayonnaise

1 large omega-3 egg, beaten

2 tablespoons ketchup

1 tablespoon canola oil



Combine the salmon, 1/2 cup bread crumbs, cheese, corn, mayonnaise, egg, and ketchup in a bowl and mix until well blended. Shape the mixture into 8 patties and coat with the remaining 1/2 cup bread crumbs. Heat half the oil in a large nonstick skillet over medium heat. Cook the patties until golden brown, 5 minutes. Add the remaining oil to the skillet, flip the patties and cook an additional 4 to 5 minutes.

*Nutrition Information per serving:* 370 calories, 18g fat, 4.5g saturated fat, 1.6g omega-3 fat, 850mg sodium, 27g carbohydrates, 2g fiber, 27g protein, 210mg calcium

## Kitchen Notes

- ◆ Omega-3 fats, found in salmon, flaxseed, canola oil, omega-3 eggs (found in most supermarkets), and walnuts are a healthy type of polyunsaturated fat that lowers the risk of heart disease and some cancers. Omega-3s have also been linked to lower rates of depression and improved symptoms of rheumatoid arthritis. The National Academies of Sciences recommends a daily intake of 1.1g of omega-3 fats for women and 1.6g for men.
- ◆ Corn, once thought of as a nutritionally ho-hum vegetable, is a great source of lutein, an antioxidant that keeps our eyes healthy as we age.
- ◆ Light mayonnaise has about half the calories and fat of regular mayonnaise. If you and your family are concerned about calories, go with the lighter version. Canola mayonnaise has extra omega-3 fat.
- ◆ Calcium is an important bone-building nutrient for children of all ages. The daily requirement varies by age: Age 1 to 3 = 500 milligrams, age 4 to 8 = 800 milligrams, age 9 to 18 = 1,300mg. To put those numbers in perspective, an 8-ounce glass of milk has 300mg, 1 cup yogurt has 385mg, and 1 cup cooked broccoli has 180mg.

## Nutrition IQ

As soon as corn is picked, the sugar begins to turn to starch. The result is a less sweet ear of corn. Purchase and serve fresh corn right after it's picked to maximize flavor, or turn to frozen or canned corn, processed soon after harvest to seal in the flavor and nutrients.



Recipe adapted from *The Moms' Guide to Meal Makeovers* (Broadway Books 2004)  
[www.MealMakeoverMoms.com](http://www.MealMakeoverMoms.com)