

# Lemon Baked Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Salt		1 tsp			<p>1. Combine salt, pepper, thyme, celery powder, paprika, dried mustard, and allspice. Mix well and then add dried breadcrumbs. Mix again and set aside for step 6.</p> <p>2. Drain and flake salmon until very fine.</p> <p>3. Mix celery, onion, and lemon juice with salmon. Reserve for step 6.</p> <p>4. In a bowl, beat eggs with a wire whip until foamy.</p> <p>5. Fold salad dressing (or mayonnaise) into eggs.</p> <p>6. Combine salmon and egg mixtures. Add dried breadcrumb mixture. Mix until thoroughly blended. Cover and refrigerate 20 minutes.</p> <p>7. Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes.</p> <p>8. Place on a well-oiled baking sheet. Spray tops of cakes lightly with spray cooking oil</p> <p>9. Bake until golden brown: Conventional oven: 375° F for about 18 minutes Convection oven: 350° F for 12 minutes</p> <p>10. CCP: Heat to 165° F or higher.</p> <p>11. CCP: Hold for hot service at 135° F or warmer.</p>
Ground black or white pepper		1 tsp			
Dried thyme		2 tsp			
Dried celery powder		1 ½ tsp			
Paprika		2 tsp			
Dry mustard		1 tsp			
Allspice		1/2 tsp			
WGR dry breadcrumbs	12 oz	2 1/4 cup			
Canned salmon, packed, drained	60 oz	6 cans (14.75 oz each)			
Fresh celery, minced	4 oz	1 cups			
Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 1/3 cup			
Lemon juice		1/3 cup			
Pasteurized eggs, fresh		12 large			
Reduced calorie salad dressing OR Low-fat mayonnaise		2 cups  OR 2 cups			

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## Notes:

14  $\frac{3}{4}$  oz can = 10.0 oz drained, unheated salmon with bones and skin

Nutrient Information calculated using Food Processor.

Nutrition Fact: Salmon is a rich source of omega-3 oil.



**Serving:** 1 cake provides the equivalent of 1½ oz of cooked lean meat and the equivalent of ½ slice bread.

1-2 years:  $\frac{2}{3}$  cake

3-5 years: 1 cake

6-18 years: 1  $\frac{1}{3}$  cake or one larger cake. Divide serving number by 1.33 to calculate number of 2-oz cakes the recipe will yield. For example, this recipe for 50 servings will produce 37.5 large (2-oz) cakes.

## Nutrients per serving of 1.5 oz meat size cake

<b>Calories</b>	107	<b>Saturated Fat</b>	0.79 g	<b>Iron</b>	0.76 mg
<b>Protein</b>	10.65 g	<b>Cholesterol</b>	73.00 g	<b>Calcium</b>	41.22 mg
<b>Carbohydrate</b>	5.59 g	<b>Vitamin A</b>	26.93 RAE mcg	<b>Sodium</b>	310.92 mg
<b>Total Fat</b>	4.77 g	<b>Vitamin C</b>	0.99 mg	<b>Dietary Fiber</b>	1.08 (2016 = 0.22 g)