

Salmon Cakes with Old Bay Aioli

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Servings: 4

Preparation Time: 20 minutes

Cook time: 17 minutes

SALMON CAKES

3 tablespoons vegetable oil
1/2 sweet onion, diced small
1 medium carrot, finely diced
1 rib celery, finely diced
2 cans (7.5 oz each) canned pink salmon
1 cup plain bread crumbs
1 1/4 teaspoons Old Bay seasoning, divided
1 teaspoon Dijon mustard
1/4 teaspoon cayenne pepper
1/4 cup light mayonnaise
1/4 cup parsley, chopped
1 tablespoon lemon juice
1 head escarole, chopped
bottled dressing (optional)

OLD BAY AIOLI

1/4 cup light mayonnaise
1 teaspoon Dijon mustard
1/2 teaspoon garlic, grated
1/4 teaspoon Old Bay seasoning

FOR THE SALMON CAKES: In a large nonstick skillet, heat one tablespoon of the oil over medium heat.

Add the onion, carrot and celery. Cook for 5 minutes until slightly softened. Remove to a large bowl.

Drain the salmon, remove the bones, if desired. Add to the bowl with the cooked vegetables along with the bread crumbs, Old Bay, mustard, cayenne, mayonnaise, parsley and lemon juice. Combine well and form into twelve cakes, about 1/3 cup each.

In the same skillet, add another one tablespoon of the oil over medium heat. When the oil is hot, add half the cakes to the pan and cook for 2 to 3 minutes per side or until browned. Repeat with the remaining one tablespoon of oil and the remaining cakes.

FOR THE OLD BAY AIOLI: In a small bowl, combine the mayonnaise, mustard, garlic and Old bay. Mix and serve alongside the cakes and escarole. Drizzle the escarole with dressing, if desired.

Per Serving (excluding unknown items): 342 Calories; 23g Fat (61.0% calories from fat); 24g Protein; 10g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 841mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates.