

## Salmon cakes

### Ingredients

This makes 4 generous salmon cakes

2 cups cooked salmon  
1 cup fresh breadcrumbs  
2TBS yogurt  
1/4 cup finally chopped parsley  
3TBS chopped green onions  
1/4 cup finally diced red onions  
2TBS lemon juice  
1 egg  
1/2 to 1 tbs salt  
1 tbs freshly ground pepper  
2TBS olive oil for sautéing

### Directions

Pick through your salmon to make sure that all bones are gone. Put all the ingredients in a bowl and mix well. I use my hands, making sure again that all bones are gone. Form the patties and sauté them for 7 to 10 minutes over medium heat. Half way through turn the patties.

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