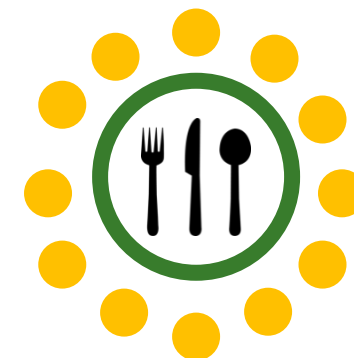


recipe of the week:

## No-Fuss Salmon Cakes



ingredients:	directions:
3 6-oz cans wild-caught salmon (boneless or bones removed)	1. Preheat oven to 425°
1 cp canned sweet potatoes	2. Cover large baking sheet with parchment paper
1 egg	3. Drain liquid from salmon & crumble into large mixing bowl removing any bones
½ cp almond flour	4. Add sweet potato, egg, almond flour, scallions, parsley, dill, salt & pepper
2 scallions, thinly sliced	5. Mix with wooden spoon
2 tbsp fresh mined dill or 2 tsp dried	6. Brush parchment paper with melted butter or coconut oil
1 tsp salt & ¼ tsp pepper	7. Scoop mixture & drop to parchment paper. Flatten patties.
2 tbsp butter or coconut oil, melted	8. Bake for 20 minutes, then flip with a spatula & return to the oven. Bake until golden brown – about 10 more min.
Lemon wedges (optional)	9. Serve with sliced scallions & lemon wedges

Presented by:

