

Smoked Salmon Quinoa Cakes

Makes 32 servings

Ingredients

1 ¼ cups water
 ¾ cup uncooked quinoa, rinsed
 1 cup fat-free sour cream
 ¼ cup dried dill weed
 ½ teaspoon lemon juice
 ½ teaspoon lemon zest
 8 ounces smoked salmon, diced

1 egg white
 2 large whole eggs
 ½ cup coarse whole-grain bread crumbs
 ⅓ cup chopped scallions
 3 cloves garlic, minced
 ½ teaspoon white or black pepper
 6 teaspoons avocado oil

Directions

1. In a small saucepan, bring water and quinoa to a boil over high heat. Once boiling, turn down heat, cover and simmer for 10 to 15 minutes or until all water is absorbed. Transfer quinoa to a large bowl. Spread out on the sides of the bowl for 15 minutes to cool.

2. While quinoa is cooling, make the dill-lemon sour cream. In a small bowl, combine sour cream, dill weed, lemon juice and zest. Stir until well combined. Cover and place in the refrigerator until ready to use.

(directions continued on back)



APPETIZER OR SNACK

Directions (continued)

3. Add salmon, egg white, eggs, breadcrumbs, scallions, garlic and pepper to the quinoa. Use your hands to combine, then form into ½-inch-thick cakes that are about 2 inches in diameter. Place on a large baking sheet, cover and place in the refrigerator for 30 minutes.

4. In a large skillet, heat 2 teaspoons oil over medium-high heat until oil starts to simmer. Turn down heat to medium and add 10 to 12 cakes to the pan. Cook for 3 to 4 minutes on each side, then transfer to a plate. Wipe skillet clean and repeat until all cakes are cooked. Enjoy warm with dill-lemon sour cream.

♥ = heart smart

✂ = low sodium

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Nutrition Facts

Serving Size 1 cake with 1 ½ teaspoons lemon dill sour cream (37g)
 Servings Per Container 32

Amount Per Serving

Calories 70 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 25mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 0g

Protein 6g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, egg, fish
 Carb choices per serving: 0