



# Dilled Salmon Cakes



**SERVINGS**

6



**COOKING TIME**

10 min

Both crispy and tender, Dilled Salmon Cakes is a dish you're going to want to enjoy again and again. Top these salmon patties with oatmeal with a zesty, citrus-like sauce made with a yogurt base. This recipe makes for a yummy appetizer or side dish for lunch or dinner.

## Ingredients

### Salmon Cakes

- 1 can (4.75 oz) pink salmon, drained, skin and bones removed
- 3/4 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/3 cup skim milk
- 1/3 cup liquid egg substitute with yolk or 1 egg, lightly beaten
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill or 1 tsp dried dill weed
- 1/4 tsp salt (optional)

### Sauce

- 1/2 cup plain nonfat yogurt
- 1/3 cup seeded, chopped tomato
- 1/3 cup seeded, chopped cucumber
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill or 1 tsp dried dill weed

## Cooking Instructions

1. In small bowl, combine sauce ingredients; mix well.
2. Cover and chill while making salmon cakes.
3. In medium bowl, combine ingredients for salmon cakes; mix well.

4. Let stand 5 minutes.
5. Shape into 6 oval patties.
6. Lightly spray large nonstick skillet with cooking spray.
7. Cook salmon cakes over medium heat 3 to 4 minutes on each side or until golden brown and heated through.
8. Serve with sauce.