

No Fuss Salmon Cakes

INGREDIENTS:

- 3 6-ounce cans wild-caught salmon (boneless or bones removed)
- 1 cup canned sweet potato
- 1 egg
- ½ cup almond flour
- 2 scallions, thinly sliced, plus extra for garnish
- 2 T fresh parsley, minced (or 2 tsp. dried)
- 2 T fresh minced dill (or 2 tsp. dried)
- 1 tsp. Sea salt
- ½ tsp. Paprika
- ¼ tsp. Freshly ground black pepper
- 2 T clarified butter, ghee, or coconut oil, melted
- Lemon wedge for serving (optional)

PROCESS:

- Preheat the oven to 425 degrees F and cover a large baking sheet with parchment paper.
- Drain the liquid from the salmon and crumble the fish into a large mixing bowl, flaking the fish with a fork. Add the sweet potato, egg, almond flour, scallions, parsley, dill, salt, paprika, pepper and mix well.
- Brush the parchment paper with the melted fat, then use a ⅓-cup measuring cup to scoop the cakes and drop them onto the parchment paper. Flatten the patties with your hand until they are uniform in thickness.
- Bake for 20 minutes, then flip each patty with a spatula and return to the oven. Bake until golden brown, about 10 more minutes.
- Serve with sliced scallions and lemon wedges for squeezing over the top, if desired.

ENJOY!

From: Whole30 Book

Notes:

We swapped the canned sweet potato for organic canned pumpkin and decreased the almond flour to ¼ cup.

These are fantastic dipped in Primal Kitchen Chipotle Lime Mayo

