RECIPE

Salmon patties with zucchini, oats and lemon-yogurt sauce

A weeknight dinner of canned-salmon patties bound with oats and grated zucchini, pan-browned in measured olive oil, with a lemon-yogurt sauce and green beans.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 12 oz no-salt-added canned sockeye salmon, drained and flaked (about two 7.5 oz cans; skin and soft bones stay in)
- [ ] 1 medium zucchini, grated
- [ ] ¾ cup rolled oats
- [ ] 2 large eggs
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp onion powder
- [ ] ½ tsp garlic powder
- [ ] ½ tsp black pepper
- [ ] ½ tsp salt
- [ ] 2 tbsp olive oil, for the pan
- [ ] 1 container (6 oz, 170 g) plain nonfat Greek yogurt
- [ ] 1 tbsp lemon juice, for the sauce

Method

1. Mix the flaked salmon, grated zucchini, oats, eggs, 1 tbsp lemon juice, onion powder, garlic powder, pepper and salt in a bowl. Do not squeeze the zucchini dry; its water is what the oats soak up.

2. Leave the bowl alone for 10 minutes so the oats swell. The mix should hold when pressed in your hand. Shape 8 patties, a scant ⅓ cup each, about ½ inch thick, and set them on a plate. Chill them 15 minutes if they feel soft.

3. Stir the yogurt, the other tablespoon of lemon juice and the dill together in a small bowl. Put it in the fridge.

- [ ] 1 tsp dried dill weed
- [ ] 4 cups green beans, trimmed

4. Heat the olive oil in a large nonstick skillet over medium heat for 2 minutes. Fit in 4 patties at a time and leave them alone 4 minutes, until the underside is deep golden. Flip once, gently, and cook 3 to 4 minutes more. The middle should read 160 °F (USDA, egg dishes). Add nothing more to the pan; the 2 tbsp is counted whole.

5. While the patties cook, steam the green beans in a covered pot over 1 inch of unsalted water for 5 to 6 minutes, until bright green and just tender. Drain.

6. Plate 2 patties and 1 cup of green beans per person with about 3 tbsp of the lemon-yogurt sauce. Cool leftovers and refrigerate within 2 hours, or within 1 hour if it is above 90 °F out (CDC). Reheat to 165 °F.