

## Cajun Salmon Cakes with Lemon-Garlic Aioli

*Boneless, canned, or foil-packed cooked salmon makes this an easy entrée. Serve with steamed broccoli and oven-baked fries.*



Randy Mayor

### AIOLI:

2 tablespoons fat-free mayonnaise  
2 teaspoons fresh lemon juice  
1/4 teaspoon bottled minced garlic

### CAKES:

3 (6-ounce) cans skinless, boneless pink salmon in water, drained  
1/4 cup sliced green onions  
1/4 cup fat-free mayonnaise  
2 tablespoons dry breadcrumbs  
1 teaspoon Cajun seasoning blend  
2 teaspoons Dijon mustard  
1/2 cup dry breadcrumbs  
1 tablespoon canola oil

To prepare aioli, combine first 3 ingredients in a small bowl; set aside.

To prepare cakes, combine salmon and next 5 ingredients (through mustard) in a medium bowl. Divide salmon mixture into 8 equal portions, shaping each portion into a (1/2-inch-thick) patty. Dredge patties in 1/2 cup breadcrumbs.

Heat oil in a large nonstick skillet over medium-high heat. Place patties in pan; cook 3 minutes on each side or until lightly browned and heated through. Serve aioli over salmon.

**Yield: 4 servings (serving size: 2 patties and about 1 1/2 teaspoons aioli)**

CALORIES 254(32% from fat); FAT 9.1g (sat 0.6g,mono 2.6g,poly 1.3g); PROTEIN 29g;  
CHOLESTEROL 78mg; CALCIUM 46mg; SODIUM 924mg; FIBER 1.1g; IRON 1.9mg; CARBOHYDRATE  
16.3g  
Cooking Light, JULY 2005