

# Frozen Salmon



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

Salmon is a flaky fish with flesh ranging from orange to dark red in color. This product comes in frozen fillets.

## How To Use It

Salmon fillets can be baked, broiled, or grilled.

## How To Store It

Store in the freezer at or below 0 °F until ready to use.  
Thaw according to package instructions.

## Why Eat It?

Salmon is a great source of omega-3 fatty acids which, as part of a healthy diet, may help reduce the risk of heart disease.

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# Lemon Pepper Salmon Patties

Makes 5 servings



## Ingredients

- $\frac{3}{4}$  cup breadcrumbs
- $\frac{1}{4}$  cup reduced fat mayonnaise
- 1 egg, slightly beaten (can also use dried egg mix)
- $\frac{1}{2}$  teaspoon lemon pepper
- 7 oz. frozen salmon, thawed, drained, and finely chopped (optional to remove the skin)
- Cooking spray

Recipe adapted from  
Chickasaw Nation Nutrition Services, Get Fresh Initiative.

## Directions

Wash hands with soap and water.

1. Mix breadcrumbs, mayonnaise, egg, and lemon pepper in a medium bowl. Add salmon and mix.
2. Measure  $\frac{1}{3}$  cup of salmon mixture (packed) and form into a round patty. Repeat until you have five salmon patties.
3. Spray a skillet with cooking spray and set stove to medium heat.
4. Place the salmon patties in the skillet and cook until light brown, 5–7 minutes. Flip the patties and cook on the other side until brown. Salmon should reach a final internal cook temperature of 145 °F as measured with a food thermometer before serving.

