

Southwest Salmon Quinoa Cakes over Mixed Greens



Preparation Time: 35 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked

2 cups prepared quinoa (red or white)

1 cup fresh breadcrumbs

1 cup diced onion

1/2 cup diced green bell pepper

1/4 cup sliced black olives (optional)

1 teaspoon ground cumin

3 large eggs

Salt and pepper, as desired

1 cup regular or low-fat sour cream

1 cup salsa

1 bag (8 to 10 oz.) mixed salad greens

Prepared vinaigrette, as needed

Olive oil, as needed

Description:

In a large bowl, combine drained salmon, quinoa, breadcrumbs, onion, green pepper, olives and cumin. In a separate bowl, whisk eggs; season with salt and pepper, as desired. Pour eggs over salmon. Mix well, then form into small patties, about 1/4 cup each. Transfer to a spray-coated plate; cover and refrigerate 20 minutes. Mix together sour cream and salsa; cover and refrigerate.

In a large bowl, toss mixed greens with a small amount of vinaigrette, to coat greens. Divide and arrange salads on 4 to 6 plates.

Lightly coat a large nonstick skillet (about 2 tablespoons oil). Heat to medium and gently add salmon patties (cooking in batches, if necessary). Cook until lightly browned on both sides. Place salmon cakes on top of greens; spoon on sauce, as desired.

Recipe by Ryan and Sara Hall

Recommended side dish: Millet, Corn and Black Bean Salad with Lime Dressing