

# SALMON CAKES WITH OLIVES, LEMON & DILL

The zing of salty olives, lemon zest and fresh dill takes these easy salmon cakes into crave-worthy territory! Make extra for the freezer, so they're at the ready whenever you need some flavor excitement. Serve them burger-style on a bun, or with a mixed-green salad; either way, they're even tastier with a dollop of mayo mixed with lemon juice on top.

- 4 scallions, quartered
- ½ cup pitted Kalamata olives
- 3 tablespoons coarsely chopped fresh dill or thyme
- Zest of 2 lemons
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2½ pounds wild-caught salmon, skinned and cut into 2-inch chunks
- 4 teaspoons extra-virgin olive oil, divided

1. Place scallions, olives and dill (or thyme) in a food processor and pulse until finely chopped. Transfer to a large bowl. Stir in lemon zest, salt and pepper.
2. Working in 3 or 4 batches, pulse salmon just 2 or 3 times to finely chop, but not puree. Add the chopped salmon to the bowl; gently mix until combined. (Alternatively, finely chop salmon, scallions, olives and herbs by hand before combining with lemon zest, salt and pepper.) Divide the mixture into 8 patties, about 3 inches in diameter and ¾ inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add 4 salmon cakes and cook until browned on both sides and just cooked through, 6 to 8 minutes total. Repeat with the remaining oil and salmon cakes.

**SERVES 8:** 1 SALMON CAKE EACH

**Calories** 214, **Fat** 10g (sat 2g), **Cholesterol** 66mg, **Carbs** 2g, **Total sugars** 0g, **Protein** 29g, **Fiber** 1g, **Sodium** 339mg, **Potassium** 551mg.

**ACTIVE:** 30 MINUTES

**TOTAL:** 30 MINUTES

**TO MAKE AHEAD:**

Prepare through Step 3, cool completely, then wrap airtight and freeze for up to 3 months. Reheat at 450°F for 20 minutes or wrap in a paper towel and microwave for 2 to 3 minutes.

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 HIGH PROTEIN

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 DAIRY FREE

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 GLUTEN FREE

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 FREEZABLE

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**GOT LEFTOVER OLIVES?**

**Nibble some next time you need a (heart-healthy) snack.**

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