

Gluten Free Salmon Cakes

If you are trying to boost your intake of omega-3s and add more protein in your diet try this simple favorite. It is a great way to use convenient canned (or leftover) salmon. The tangy dill sauce provides a tart balance.

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, finely chopped
- 1 stalk celery, finely diced
- 2 tablespoons chopped fresh parsley
- 15 ounces [canned salmon](#), drained, or 1 1/2 cups cooked salmon
- 1 large egg, lightly beaten
- 1 1/2 teaspoons Dijon mustard
- 1 3/4 cups fresh gluten free breadcrumbs or gluten free corn flakes work well too
- 1/2 teaspoon freshly ground pepper

Saute in Olive Oil until golden brown. Doesn't take long!

Dill Mayo Sauce (I eye ball it all folks!)

Gluten Free Hellmann's mayo (about a cup or so depending on how much you want), few tablespoons of sour cream, and squeeze of lemon and chopped up fresh dill.

Bon Appétit!!

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<http://www.GlutenFreeLady.com>

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