



Salmon Sweet Potato Patties

With Mashed Sweet Potatoes and Brussels Sprouts

PREP TIME: 30 minutes • **COOK TIME:** 45 minutes

SERVINGS: 1 Patty, 6 Brussels sprouts and 1/2 cup sweet potatoes.

Approximately 6 servings.

INSTRUCTIONS

The sweet potatoes take longest to cook. Start with sweet potatoes and put those in the oven first. Salmon patties and Brussels sprouts can go in together shortly after.

Mashed Sweet Potatoes

Preheat oven to 425F.

Skin potatoes and cut into 1-inch cubes or less. Place in an oven-safe baking dish with 1/3 cup water. Cover with lid or aluminum foil.

Bake for 45 minutes. You can easily pierce sweet potatoes with a fork when they are done.

Drain off excess water and mash with a fork.

Salmon Sweet Potato Patties

Once your sweet potatoes are in the oven, line a baking sheet with parchment paper.

In a medium bowl, combine all ingredients and mix well. Mash salmon with fork as needed.

Drop 1/3-cup measures onto baking sheet to form six medium-sized cakes. Lightly press down the center of each cake to flatten.

Bake for 20 minutes.

Remove from oven, flip cakes and bake for another 10 minutes.

Roasted Brussels Sprouts

Wash, trim and remove loose or discolored leaves. Cut large Brussels sprouts in half.

In a bowl, toss sprouts with 2 tablespoons olive oil. Place on a baking sheet and season as desired with pepper, garlic powder and salt.

Put Brussels sprouts in the oven with your salmon patties.

Bake for 20-30 minutes or until nicely browned and tender.

INGREDIENTS

Salmon Sweet Potato Patties

- 14 ounces canned wild salmon (Remove skin, bones. Drain liquid.)
- ½ cup sweet potato, mashed
- ⅓ cup almond flour (Alternatives: flaxseed meal, bread crumbs, cracker crumbs)
- ¼ cup celery, finely chopped (Alternatives: bell peppers, carrots, onions)
- 1 egg
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon pepper

Note: Seasonings are optional. If you don't have them, go without or substitute with your own.

Mashed Sweet Potatoes

- 3 medium sweet potatoes
- ⅓ cup water

Note: A medium sweet potato is approximately 1 pound, equaling 1 cup cooked and mashed.

Brussels Sprouts

- 2 pounds Brussels sprouts
- 2 tablespoons olive oil
- Seasonings as desired (Pepper, garlic powder and salt)

NUTRITION INFORMATION

Mashed Sweet Potatoes

Each serving, 1/2 cup, has approximately 90 calories; 2 g protein; 0 g fat; 20 g carbohydrates; 3 g fiber; 7 g sugar; and 36 mg sodium.

Salmon Sweet Potato Patties

Nutrition with almond flour: Each serving, 1 patty, has approximately 160 calories; 16 g protein; 8 g fat; 6 g carbohydrates; 2 g fiber; 2 g sugar; and 250 mg sodium (440 mg with added salt above). This version is gluten-free.

Brussels Sprouts

Each serving, 6 Brussels sprouts, has approximately 120 calories (60 calories without oil); 6 g protein; 5 g fat; 16 g carbohydrates (10 g net carbohydrates); 6 g fiber; 4 g sugar; and 40 mg sodium.