

## **Low-Point Smoked Salmon Patties with Dill Mustard Lemon Sauce**

Ingredients:

- 10 oz. Wild caught skinless salmon, chopped into very small pieces (I bought a frozen bag of salmon filets and thawed it out)
- 1 egg
- 1 Tbs minced onions
- 1 Tbs worcestershire sauce
- 1/2 to 1 tsp. dried oregano (per your desired taste)
- 1 tsp. sea salt
- 1 tsp. pepper
- 1/4 cup bread crumbs
- 1 tsp. smoked paprika

### **Dill Mustard Lemon Sauce:**

- 1/4 cup light mayonnaise
- 1 Tbs mustard
- 1/2 tsp. dill seed
- 1 tsp. pickle relish
- 1 Tbs lemon juice

In a large bowl, combine first seven ingredients. Preheat a large skillet over medium to medium-high heat sprayed with Pam cooking spray with olive oil. In a separate medium-sized bowl, mix bread crumbs and paprika. Form small patties with the salmon mixture and place each patty, one at a time, into the bread crumbs to coat. Place patty in hot skillet and kind of press it together to hold its shape. Repeat until you have four small patties. Cook patties in skillet 3 to 4 minutes on each side. While patties are cooking, mix all the ingredients for the lemon sauce together.

Remove patties from skillet and serve with side dish or over a bed of lettuce. Use one tablespoon of lemon sauce for each patty and enjoy!

Total servings - 4 patties

Serving size - 1

Points per serving - 3

Points plus per serving - 3.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"It takes courage to grow up and become who you really are."  
- E. E. Cummings***

