



CRISPY SALMON RICE CAKES WITH SPICY YOGURT

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Salmon, flaked	6 Oz.	Pinch of Salt	
Large Egg	1	Small Plain Rice Cakes	6
Plain Greek Yogurt	2 Tbsps.	Olive Oil	1 Tsp.
Finely Chopped Green Onion	2 Tbsps.	Plain Greek Yogurt	¼ Cup
Finely Chopped Red Bell Pepper	1 Tbsp.	Sriracha or Hot Sauce	1 Tsp.
Dijon Mustard	1 Tsp.	Lime Juice	1 Tsp.
Garlic Powder	¼ Tsp.	Garlic Powder	¼ Tsp.
Black Pepper	¼ Tsp.		

SERVING SIZE

3 TOPPED SALMON RICE CAKES

PREPARATION

- 👉 In a bowl, combine salmon, egg, Greek yogurt, green onion, red bell pepper, Dijon, garlic powder, pepper, and salt.
- 👉 Divide the mixture into 6 portions and gently shape each into a small patty.
- 👉 Heat olive oil in a nonstick skillet over medium heat.
- 👉 Cook salmon patties for 3–4 minutes per side, until golden and cooked through.
- 👉 Stir together Greek yogurt, sriracha, lime juice, and garlic powder.
- 👉 Place one salmon patty on each rice cake and top with spicy yogurt sauce.