

Great Grandma's Salmon Croquettes



This recipe features artichoke hearts which are a great source of potassium, vitamin C, folate, magnesium, and fiber.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 700 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 36.4%

Protein: 34.3 %

Fat: 19.2%

Make it for the whole family:

<https://www.myrecipes.com/recipe/salmon-croquettes-0>

Great Grandma's Salmon Croquettes

Ingredients

- 1 ¼ cup cooked brown rice or oatmeal
- 1 ½ cups water
- 1 cup 2% milk (with vit A & D)
- 6 ounces canned pink salmon, skinless, boneless, drained (small can)
- 5 pieces frozen artichoke hearts
- ½ cup red bell pepper, fresh/chopped
- ½ cup frozen chopped spinach
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- 1 teaspoon lemon juice
- ⅛ teaspoon ground black pepper
- Water (optional)

Kitchen Gear

Can opener

Chef knife

Cutting board

Measuring tools:

- 1 cup, ½ cup, ¼ cup
- Teaspoon, ¼ teaspoon, ⅛ teaspoon

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Tips

Swap the tuna for salmon if you already have it on hand.

Canned artichoke hearts are also available if you can not find frozen. Try rinsing them before using to remove added sodium.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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