



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Supported by

JPMorganChase

Salmon Cake Lettuce Wraps with Lemon-Yogurt Sauce

This light and flavorful meal comes together easily thanks to canned salmon.

Serving Size: 2 salmon cakes, 4 lettuce leaves and 2 teaspoons sauce (150 grams)

Servings: 3



NUTRITION NOTES

- Lean and nutrient-rich, **canned wild Alaska salmon** provides high-quality protein and omega-3 fatty acids that support heart and brain health.
- Cool and creamy, **plain nonfat Greek yogurt** creates a light, tangy sauce while adding calcium and protein without extra fat.
- Bright and refreshing, **fresh lemon juice and zest** add natural citrus flavor that enhances the dish without the need for extra salt.
- Crisp and delicate, **butter lettuce** offers a fresh, low-carb wrap that adds crunch while keeping the meal light and balanced.

Salmon Cake Lettuce Wraps with Lemon-Yogurt Sauce

Printing
Courtesy of:



INGREDIENTS

- ¼ cup plain nonfat Greek yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice, divided (see instructions)
- 2 teaspoon lemon zest, divided (see instructions)
- ½ teaspoon smoked paprika
- 2 tablespoon dried dill, divided (see instructions)
- ¾ teaspoon garlic powder, divided (see instructions)
- ¼ teaspoon salt
- 2 cups canned salmon, bones and skin removed
- 1 medium egg
- ¼ cup panko breadcrumbs
- 1 teaspoon ground mustard
- 1/4 teaspoon ground cayenne pepper
- ½ tablespoon olive oil

Nutrition Profile: Gluten-Free | Main Dishes | High in Protein | Heart-Healthy | WIC Friendly | Nut-Free

NUTRITION FACTS *(per serving)*

Serving Size: 2 salmon cakes, 4 lettuce leaves and 2 teaspoons sauce (150 grams) | Servings Per Recipe: 3 | Calories: 295

- 460 kcal
- 33 g fat
- 125 mg chol.
- 686 mg sodium
- 7 g carbohydrate
- 1 g fiber
- 1 g sugar
- 33 g protein

INSTRUCTIONS

1. Combine yogurt, mayonnaise, 1 Tablespoon lemon juice, 1 Tablespoon lemon zest, paprika, 1 ½ Tablespoons dill, ¼ teaspoon garlic powder and salt in a small bowl. Mix and set aside.
2. In a medium bowl, combine salmon, egg, breadcrumbs, ½ teaspoon garlic powder, 1 Tablespoon lemon zest, 1 Tablespoon lemon juice, 1 ½ teaspoons dill, mustard, cayenne pepper and mix well.
3. Evenly divide the salmon mixture and form 6 salmon cakes, placing them on a plate. Heat olive oil in a large skillet over medium heat. Once oil is hot, add salmon cakes and cook for 5 minutes. Flip salmon cakes over and cook for an additional 4 minutes or until they reach a minimum internal temperature of 160°F (71°C).
4. To serve, add 1 teaspoon lemon-yogurt sauce on top of each salmon cake.

• 519 mg K
*using nonfat Greek yogurt as a base for sauces to provide protein and calcium with no extra fat.

**Nutrition information provided directly by eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*