



## **SALMON WITH CILANTRO SAUCE**

*Recipe created by Woman's Day*

**Makes 4 servings**  
**Prep time: 15 minutes**  
**Cook Time: 10 minutes**

### **Salmon Ingredients:**

2 slices whole-wheat bread, torn up  
1 can red salmon, drained  
1/4 cup fat free egg substitute

### **Sauce Ingredients:**

1 lime  
1 1/2 cups plain low-fat yogurt  
1/2 cup cilantro  
1 medium tomato, chopped  
1/2 teaspoon minced garlic  
1/4 teaspoon pepper  
1/8 teaspoon salt

**Salmon patties:** Process bread in food processor until fine crumbs forms. Add remaining ingredients and process just until well blended. Shape into four 3/4 -inch -thick patties.

**Sauce:** Grate 1/2 tsp peel and squeeze 2 tsp juice from lime. Mix remaining ingredients in a bowl; stir in peel and juice. Coat a non-stick skillet with non-stick cooking spray (or butter) and heat over medium-low heat. Add patties and cook 2 to 3 minutes per side, turning over carefully until browned and heated through. Serve salmon patties with sauce.

### **Nutritional Facts per serving:**

Calories: 260  
Total Fat: 9 g  
Saturated Fat: 3 g  
Cholesterol: 50 mg  
Sodium: 710 mg  
Calcium: 45% Daily Value  
Protein: 28 g  
Carbohydrates: 15 g