

Crispy Salmon Cakes with Lemon- Caper Mayonnaise

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Ingredients

FLAVORED MAYONNAISE

6 tablespoons fat-free mayonnaise
2 teaspoons capers
1½ teaspoon grated fresh lemon rind
1½ teaspoon lemon juice
1¼ teaspoon fresh ground black pepper
1½ teaspoon crushed red pepper flakes

SALMON CAKES

1 tablespoon vegetable oil, divided
1¼ cup finely chopped onion
1¼ cup finely chopped celery
3¼ cup crushed fat-free saltine crackers (about 20)
1 tablespoon Dijon mustard
1¼ teaspoon fresh ground black pepper
2 (7 1/2 ounce) cans canned salmon, drained (skinless, boneless)
1 large egg, lightly beaten
2 tablespoons mayonnaise
1½ teaspoon lemon juice
1½ teaspoon Worcestershire sauce
2 -3 dashes Tabasco sauce

Directions

Mayonnaise:

Combine first 6 ingredients in a small bowl; cover and chill.

Salmon Cakes:

Heat 1 teaspoon oil in medium nonstick skillet over medium heat; add onion and celery and saute' 4 minutes, or until tender.

Combine onion mixture with 1/2 cup crackers, mustard, 1/4 teaspoon black pepper, salmon, egg, mayonnaise, lemon juice, Worcestershire sauce and Tabasco in a medium bowl; divide into 4 equal portions, shaping each into a 1/2-inch thick patty.

Coat each patty with 1 tablespoon crackers; cover and chill 20 minutes.

Heat 2 teaspoons oil in a large nonstick skillet over medium heat until hot; add patties and cook 5 minutes on each side or until lightly browned.

Serve salmon cakes with flavored mayonnaise.