

# Salmon Cakes Recipe



**PREP TIME:**  
10 MINUTES

**COOK TIME:**  
20 MINUTES

**TOTAL TIME:**  
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 5 Servings

## Ingredients:

- 2 TBSP Olive Oil (Divided)
- ½ Cup Red Onion – Minced
- ½ Cup Celery – Minced
- ¼ Cup Green Pepper – Minced
- 1/8 Teaspoon Sea Salt
- 2 TBSP Flat Leaf Parsley – Finely Chopped
- 15 oz. Canned Wild Caught Salmon (3 cans) or 1 ½ Freshly Cooked Salmon
- 2 Large Eggs, Whisked
- 1 ½ Teaspoon Dijon Mustard
- 4 TBSP Mayo – Avocado Based
- 1 ¾ Cup Gluten Free Breadcrumbs – Recommend Cauli Crunch or Aleia's Brand
- 1 Teaspoon Garlic Powder
- ¼ Teaspoon Black Pepper
- 1 TBSP Nutritional Yeast
- 1 Lemon – Cut into wedges for serving
- Note: Serve with Drizzle of [Vegan Ranch](#) Dressing

## Instructions:

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.
2. In a large sauté pan, add 1 TBSP olive oil and heat to medium.
3. Add onion, celery, and green pepper. Season with sea salt. Cook until softened, about 5 minutes.
4. Stir in parsley & remove from heat.
5. In a large mixing bowl, add the salmon and flake apart (remove any visible bones). Add eggs, mustard, mayonnaise – stirring until combined.
6. Add in the breadcrumbs, garlic powder, black pepper, and nutritional yeast. Stir until combined.
7. Form mixture into patties, will get about 10 in total.
8. In a clean sauté pan, add remaining olive oil & heat up to medium. Add the patties and allow to cook for about 3-5 minutes until becomes golden on bottom.

9. With a spatula, gently flip over patties & transfer to parchment paper lined baking sheet.
10. Bake in oven for 5-6 minutes until golden brown on top.
11. Serve over a bed of greens, wedge of lemon and sprinkle of vegan ranch dressing.
12. ***Will Stay Good Refrigerated up to 4 days.***

**\*Try and use all organic ingredients if possible.**

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