

## Baked Salmon Cakes

**Yield:** 2 servings

**Prep time:** 10 minutes

**Total time:** 30 minutes

### INGREDIENTS

**avocado or grape seed oil** | 1 Tbsp

**cooked or canned wild salmon** | 8-12 oz

**red onion** | 1 medium, finely chopped

**egg + egg white** | 1 of each, beaten

**almonds** | ¼ cup, finely chopped

**sea salt** | ½ tsp

**black pepper** | ¼ tsp, freshly ground

**almond meal** | ¼ cup

**lemon** | 1, cut into wedges

### DIRECTIONS

1. Preheat oven to 425 degrees. Lightly grease a baking sheet with the oil and put in in the oven on the top rack to reheat.
2. In a medium bowl, shred the salmon into small flakes with two forks, if using canned salmon, discard liquid from the can and place salmon in the bowl.
3. Add the onion, egg, almonds, salt, and pepper and mix well.
4. Stir in the almond meal. Test the mixture to see if it holds its shape and doesn't seem to be falling apart. If it is still loose and mushy, add a bit more almond meal, mix and test again. Once you are able to shape the salmon cakes, form 3-4 large, equal patties.



5. Season both sides of the cakes to taste with salt and pepper and put them on the preheated baking sheet. Slide the tray back into the oven and bake on the top rack for 20 minutes, turning the cakes over after the 1st 10 minutes of cooking.
6. Remove the salmon cakes from the oven when they are golden brown and lightly crisp. Let them cool for 5 minutes on a wire rack before serving. Serve with lemon wedges.

### ABOUT THIS RECIPE:

**Gluten free, Dairy Free, Anti-Candida,  
Anti-Inflammatory**

### NOTES

*For this recipe, you will need a baking sheet, a medium bowl, and a wire rack.*