

Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

Salmon or Tuna Patties

Ingredients

- 2 6oz. Cans of Wild Salmon or Tuna (drained)
- 2 Eggs (beaten)
- 1 Clove Garlic (finely chopped)
- 3 Tbs. Shallots (finely chopped)
- 2-3 Scallions (chopped)
- 1 Tablespoon Coconut Flour
- ½-1 Teaspoon Fresh Dill (chopped or dried)
- ¼ Teaspoon Garlic Powder (optional)
- ¼ Teaspoon Onion Powder (optional)
- 1 Teaspoon Dijon or Yellow Mustard (optional)
- Sea salt & Pepper to taste.
- Extra Virgin Coconut Oil for cooking
- Optional: Avocado Dressing as a Sauce (page 40)

Directions:

In a medium size mixing bowl mix all ingredients except coconut flour until combined. Sift in Coconut flour and mix well. If there is still a lot of liquid add a little more coconut flour on teaspoon at a time. Heat 1-2 Tablespoons of Extra Virgin Coconut oil in frying pan over medium heat. Scoop salmon and hand form into patties and place them in the pan. Cook them until golden brown on one side, flip and allow cooking all the way through.

Serves: 3 *Approx. 198 Calories, 1g Carbohydrate, 30g Protein, 11g Fat*