

Salmon patties

- 1 pound (500 g) potatoes (about four)
- 3 green onions, chopped
- 3/4 teaspoon (3 mL) dried dill weed
- 1 tablespoon (15 mL) Dijon mustard
- Salt and freshly ground pepper to taste
- 3/4 teaspoon (3 mL) lemon zest
- 1/4 teaspoon (1 mL) hot pepper sauce
- 1 egg, beaten
- 2 cans (7.5 oz/213 g) salmon, drained and flaked
- Vegetable oil
- 4 lemon wedges

Peel and cut potatoes in half cross-wise. Cook in large saucepan of boiling water for 15 to 20 minutes or until tender. Drain.

In large bowl, mash potatoes until smooth; stir in onions, dill weed, mustard, salt, pepper, lemon zest and hot pepper sauce. Blend in egg. Fold in salmon. Let cool for 5 minutes. Using hands, shape into eight patties (about 3/4-inch/2 cm thick.)

In large non-stick skillet, heat half of the oil over medium heat; cook 4 of the patties for about 5 minutes per side or until golden. Repeat with remaining patties. Serve with lemon wedges.

Yield: 8 patties or 4 servings.