

## **Salmon Patties in Emerald Sauce**

### **Salmon Patties**

- 1 large can salmon
- 1-2 T chopped red onion
- 2 scallions chopped
- 1 garlic clove, minced
- 1 large handful arugula, chopped
- 1/4 c each chopped parsley, dill
- 1 lime juiced
- 1 t Frank's Hot Sauce
- 1 t grainy mustard
- sea salt and freshly ground black pepper
- 1/3 c bread crumbs
- 1 egg
- 1 T olive oil, seasoned with 1/4 teaspoon sea salt and freshly ground pepper

To save time, use a food processor to chop the onion, scallion, garlic, arugula, dill and parsley.

In a medium sized bowl, combine all ingredients except the olive oil and form 8 small patties. Place the patties on a parchment covered baking pan and lightly brush both sides of each patty with the olive oil.

Preheat the oven to 375F and bake the patties for 20 minutes. Serve **Salmon Patties** hot or cold as long as they're swimming in **Emerald Sauce**.

### **Emerald Sauce**

- 1/3 c chopped dill
- 2/3 c chopped cilantro
- 2 scallions, chopped
- 1 small garlic clove, minced
- 1 small cucumber, seeded, thinly sliced
- 1 c 2% Greek yogurt
- 3 T lime juice
- sea salt and freshly ground black pepper

Use a food processor to chop dill, cilantro, scallions and garlic. Add the remainder of the ingredients and blend into Emerald Sauce. Adjust seasoning to your taste.

**Jittery Cook**