

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Salmon Cakes

Makes about 12 patties

### *Ingredients:*

1 tbsp ground flax seed  
2 tbsp hot water  
  
4 cans Sockeye salmon (no salt added)  
1 large onion  
2 cups fresh spinach  
1 garlic clove  
1 tbsp coconut oil or grapeseed oil  
1 tbsp Dijon mustard  
1 tsp salt (do not use if using salmon with salt)  
2 tbsp fresh dill  
4 tbsp oatmeal

### *Directions:*

1. Mix ground flax seed with 3 tbsp hot water, stir and let sit until cool.
2. Chop onion, garlic, spinach. Saute in oil until soft and let cool.
3. Drain salmon and place in large mixing bowl.
4. To cooled onion mixture add Dijon mustard, salt, chopped dill, oatmeal, and cooled flax seed mixture.
5. Lightly mix and form into about 12 patties.
6. Bake in 350 degree F oven for 30 minutes, turning once.
7. Serve with plain yogurt or mix yogurt with lemon juice, chopped dill, and ground pepper.