

SALMON CAKES

2 5oz cans of boneless, skinless salmon
1/4 teaspoon pepper
1/4 teaspoon onion powder
1 tablespoon worcheshire sauce
1/3 cup cracker crumbs
1 egg - slightly beaten

Drain salmon. In a small bowl combine all ingredients with a fork. Shape into 4-6 individual cakes.

Place cakes in a heated, non-stick skillet. Cook over medium heat until browned on both sides.

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