

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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