

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Salmon Cakes

From *Everyday Paleo* by Sara Fragoso

Serves: 3-4

3 cans wild-caught Alaskan salmon  
3 eggs  
4 green onions, diced  
1 Tbsp dried dill  
1 tsp fresh ginger, peeled and grated  
¼ tsp dried red pepper flakes  
3 Tbsp fresh-squeezed lemon juice  
½ tsp finely ground black pepper  
Pinch of sea salt  
¼ cup coconut oil  
4 cups green and purple cabbage, shredded-optional

1. Drain the water from the canned salmon (and remove the backbone if present) and dump into a large mixing bowl.
2. Add the eggs, green onions, dill, ginger, red pepper flakes, lemon juice, black pepper and salt.
3. In a large skillet, heat the coconut oil over medium to medium-high heat -- make sure there is more than enough to cover the bottom of the pan.
4. Form the salmon mixture one at a time into palm-sized patties or "cakes" and place gently into the oil. Fry for 3 minutes on each side. Important--do not mess with the patties once they are in the pan. Let the cakes cook for the full 3 minutes before you attempt to flip them.
5. Serve the patties over a bed of the shredded green and purple cabbage, with a lemon wedge-if desired.