



*cara price*

# SALMON CROQUETTES

## INGREDIENTS

- 1-1/2 cups cooked salmon meat, crumbled\*
- 1 cup almond flour
- 3 tablespoons finely chopped green onion
- 1 eggs, slightly beaten
- 1/2 cup + 1 tablespoon avocado oil
- 1 tablespoon lemon juice
- 2 tablespoons herbs de provence
- 1/2 teaspoon each: salt, pepper & garlic powder
- finishing salt

\*I either use leftover salmon or just wrap up salmon in a parchment package & bake for about 8 minutes to medium - this will take about 1 pound of salmon

## DIRECTIONS

1. mix all ingredients, except the 1/2 cup of avocado oil, together in a large mixing bowl
2. form mixture into 3 inch round croquettes that are about 1/2" thick & press firmly together to form shape
3. heat 1/2 cup of avocado oil in the bottom of a large skillet
4. cook croquettes about 3 minutes per side over medium high heat. if your oil gets too hot, just turn it down to medium & keep a close eye on the temperature remove to a paper towel lined plate & immediately sprinkle with finishing salt.