

Let's Talk Food Literacy

Salmon Lentil Croquettes

Makes 4-6 servings

Ingredients

Protein foods:

- 2 – 213g can salmon, drained
- 1 cup cooked red lentils, drained and cooled
- 1 egg

Vegetables:

- 2 green onions, chopped
- 1 small zucchini, grated

Other:

- ¼ cup bread crumbs
- ½ tsp dried dill OR 3 Tbsp fresh dill
- Small bunch of parsley, chopped (optional)
- Zest of 1 lemon OR ½ tsp lemon juice
- Pinch of salt and pepper
- Vegetable oil
- Parchment paper or tinfoil

Directions

1. Turn oven on to 400°F.
2. Line baking sheet with parchment paper/tinfoil.
3. Rinse lemon, vegetables and herbs under cool running water.
4. In a medium bowl, combine all ingredients. Make into 8 patties, all about the same size.
5. Place patties on baking sheet. Drizzle oil around the patties.
6. Bake in oven for 15 minutes. Then, flip over and cook for another 5 minutes. Croquettes are ready when they reach 74°C (or 165°F).
7. Serve with vegetables and grains.



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Tips and Tricks:

- ⇒ **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- ⇒ **Adapt this recipe** to your family's taste.
- ⇒ **Use canned, fresh or frozen** vegetables.
- ⇒ **Use a *calibrated* thermometer** to see if fish is cooked. *How do I calibrate?* Fill cup with ice and water. Insert thermometer. Adjust the dial to read 0° (32°F).
- ⇒ **Get creative!** Try different herbs like oregano or basil. Swap the lemon and dill with lime and cilantro.
- ⇒ **Refrigerate or freeze leftovers** promptly. Store in fridge for up to 3 days. Freeze up to 3 months.

Watch the how-to video! www.youtube.com/watch?v=YtKiW35B0ds