

## Let's Talk Food Literacy

### Salmon Lentil Croquettes

Makes 4 servings

#### Ingredients

##### Protein foods:

- 2 – 213g can salmon, drained
- OPTIONAL: ½ cup dried red lentils
- 1 large egg OR 2 small eggs

##### Vegetables:

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

##### Other:

- ¼ cup bread crumbs
- 1 tsp dried dill OR 2 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. *If using lentils:* Rinse lentils in a sieve. Put in a pot. Cover with water. Bring to a boil. Turn to low; let simmer for 5 minutes. Drain, rinse and cool.
2. Turn oven on to 400°F.
3. Line baking sheet with parchment paper or tinfoil.
4. Rinse lemon, vegetables and herbs under cool running water.
5. In a medium bowl, combine all ingredients. Make into 8 patties, all about the same size.
6. Place patties on baking sheet. Drizzle oil around the patties.
7. 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).
8. 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 a calibrated thermometer** to see if fish is cooked. *How do I calibrate?* Fill cup with ice, add 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](https://www.youtube.com/watch?v=YtKiW35B0ds)