



Gingered Salmon Croquettes

Adapted from Beverly Mills and Alicia Ross, Desperation Dinners

Serves 2 to 4

Note: Be sure to use salmon with bones to increase your calcium intake.

For the croquettes:

- 1 1/2 cups panko bread crumbs, divided
- 1 (6-ounce) can salmon with bones, not drained
- 1 tablespoon chopped onion
- 1/4 cup full-fat or low-fat plain Greek yogurt
- 1 tablespoon mayonnaise
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated fresh ginger
- 1 clove garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 heaping tablespoon Major Grey's mango chutney
- 2 tablespoons canola oil

For the sauce:

- 2 heaping tablespoons Major Grey's mango chutney
- 2 heaping tablespoons plain full-fat yogurt or sour cream

Croquettes:

Place 1/2 cup bread crumbs on a plate. Set aside.

Place the salmon and its liquid in a bowl with the remaining 1 cup bread crumbs, the onions, yogurt, mayonnaise, lemon juice, ginger, garlic, Worcestershire and chutney. Mix well and shape into 4 (3-inch) patties. Press both sides of the patties into the reserved crumbs and place on a plate.

Heat the oil in a large nonstick skillet over medium heat. Place the patties into the hot oil. Cook until golden brown on each side, about 3 to 4 minutes per side.

Sauce:

In a small bowl, combine the yogurt and the chutney; mix well. Serve the patties with the sauce on the side.