Light-Style Salmon Croquettes: **25 Minute Meal**

INGREDIENTS:
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
1/4 cup plus 2 Tablespoons fat-free or low-fat mayonnaise, divided
1/4 cup dry bread crumbs
1/4 cup chopped green onions
1 egg white
1 Tablespoon lemon juice
1 teaspoon Cajun, Creole or blackened seasoning mix or seasoned salt
2 teaspoons margarine or butter
1 teaspoon Dijon-style mustard
Lemon wedges

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DIRECTIONS:
In a medium bowl, combine salmon, 1/4 cup mayonnaise, bread crumbs, green onions, egg white, lemon juice and seasoning. Mix well; shape into four 1/2-inch thick patties. Melt margarine in a large nonstick skillet over medium heat until hot. Add salmon croquettes; cook 3 to 4 minutes per side or until golden brown. Meanwhile, combine remaining 2 tablespoons mayonnaise and mustard. Serve sauce and lemon wedges with croquettes.
Baked Version: Place patties on spray-coated baking sheet. Bake at 425°F for 15 minutes, turning after 8 minutes.
Makes 4 servings.

NUTRIONAL INFORMATION:
Nutrients per serving: 213.9 calories, 8.7g total fat, 2.9g saturated fat, 37% of calories from fat, 62.7mg cholesterol, 22.6g protein, 10.6g carbohydrate, .4g fiber, 977.6mg sodium, 243.8mg calcium and 1.8g omega-3 fatty acids.