

Fabulous Fish On A Budget

Create Your Own Salmon Croquettes For The Family For Less Than \$10

(NAPSA)—Salmon is the third-most-popular seafood in America. It can also be very expensive. But you can make tasty Salmon Croquettes for a family of four for less than \$10, and they'll wonder if you've been taking chef classes on the side.

The easiest way to save money is to buy canned salmon, which is an affordable source of protein and omega-3 essential fatty acids. For best flavor and quality, look for cans labeled king (or chinook) salmon.

Another cost-saving measure: Your cooking oil can be used multiple times, as long as you don't overheat it. After cooking, cool, strain and store the oil in a cool, dark place for future use.

Salmon Croquettes

Ingredients:

- 1 cup LouAna vegetable or canola oil
- ¼ cup mayonnaise
- 3 tablespoons finely chopped fresh chives (optional)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 large egg
- 2 (7.5-ounce) cans salmon, drained and deboned if desired
- 20 saltine crackers

Horseradish Mayonnaise:

- ½ cup mayonnaise
- 2 teaspoons prepared horseradish



It's no fish story: You can make tasty Salmon Croquettes for a family of four for less than \$10, and they may wonder if you've been taking chef classes on the side.

- 1 teaspoon fresh lemon juice
- ½ teaspoon salt

Preparation and Cooking:

Heat oil in a large skillet at medium-high. Combine ¼ cup mayonnaise, chives, salt, black pepper and egg in a large bowl, stirring well. Add salmon to mayonnaise mixture; toss to combine.

Process crackers in a food processor until finely ground.

Add 3 tablespoons cracker meal to salmon mixture; stir to combine. Shape salmon into 4 patties.

Place remaining cracker meal in a shallow dish. Dredge patties in cracker meal. Add patties to pan; cook 2½ minutes on each side or until golden.

Combine ½ cup mayonnaise and remaining ingredients, stirring well. Serve with croquettes.

Serves four people.

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