

Providing compassionate care and hope to people facing cancer

Summer 2025 BW III Salmon Cake Lettuce Wraps with Citrus-Yogurt Dressing

Ingredients

1 cup plain yogurt
2 Tablespoons Hellman's Light Mayo
2 Tablespoons fresh lemon juice (juice of 2 lemons)
1 Tablespoon dill, fresh or dried
¾ tsp garlic powder
4 cups canned wild Alaska Salmon
2 medium eggs
½ cup panko bread crumbs
1/8 tsp cayenne pepper
½ Tablespoon olive oil
12 "butter" lettuce leaves for wraps (in whole head plastic container usually in the produce section)

Instructions

1. Combine yogurt, mayonnaise, 1 Tablespoon lemon juice, lemon zest from one lemon, dill, ¼ teaspoon garlic powder and salt in a small bowl. Mix together and set aside. In a medium bowl, combine salmon, egg, breadcrumbs, ½ teaspoon garlic powder, mustard seed, cayenne pepper and mix well.
2. Evenly divide the salmon mixture and form 6 salmon cakes, placing them on a plate. Heat olive oil in a large skillet over medium heat. Once oil is hot, add salmon cakes and cook for 5 minutes. Flip salmon cakes over and cook for an additional 4 minutes or until they reach a minimum internal temperature of 160°F (71°C).
3. Wash lettuce leaves and pat dry with paper towel. To serve, stack two lettuce leaves and top with one salmon cake. Add 1 teaspoon lemon-yogurt sauce on top of each salmon cake.

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Nutrition Tip

- The American Heart Association recommends eating at least 2 (3.5 oz) servings of fish per week to reduce risk of heart disease and stroke
- Fish is rich in protein and healthy fats to help keep you full for longer!