



Super Stars and Stripes Salmon Patty

Makes: 4 Servings

“I wanted to use Idaho potatoes, as well as create a recipe using super foods for the brain that helps kids with focus and memory,” says Jacob. “My mom and I researched the top foods for your brain health. Salmon, found in Idaho's rivers, is one of the best. I came up with an idea to represent the American flag with star-shaped salmon patties and stripes made from vegetables. My parents call me 'The Berry Monster' since I love to pick berries and eat them straight from the vine! Blueberries are also great for the brain. I learned the importance of eating fruits and veggies of all colors.” Jacob likes to serve his salmon patty with brown rice and blueberry smoothies.

Nutrition Information

Nutrients	Amount
Calories	374
Total Fat	16 g
Saturated Fat	3 g
Cholesterol	137 mg
Sodium	566 mg
Total Carbohydrate	28 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars included	1 g
Protein	28 g
Vitamin D	10 mcg
Calcium	154 mg
Iron	3 mg
Potassium	798 mg

N/A - data is not available

MyPlate Food Groups

■ Vegetables	3/4 cup
■ Grains	1 ounce
■ Protein Foods	3 ounces
■ Dairy	1/4 cup

Ingredients

1 Yukon Gold potato, peeled and sliced

2 tablespoons grapeseed oil or olive oil

1 garlic clove, peeled and minced

1 shallot, peeled and minced

1/4 cup diced red bell pepper

1/4 cup diced celery

2 cups cooked, flaked salmon (drained if from a can)

2 eggs

1/4 cup parsley

3/4 cup whole-grain breadcrumbs

1/8 cup wheat germ

1/4 cup grated Parmesan cheese

3 cups fresh spinach

Cut-up strips of jicama, avocado, and red, yellow and orange bell peppers

Salad dressing of your choice

Optional

Tzatziki sauce, parsley and lemon wedge, for garnish

1/2 teaspoon lemon pepper

Blackened seasoning

Brown rice

Directions

1. **In a saucepan filled with water**, cook the potato over medium heat for about 8 minutes, or until fork-tender.
2. **Meanwhile, in a nonstick saucepan**, warm 1 tablespoon oil over medium heat. Add the garlic, shallot, red pepper, and celery and cook about 6 minutes, or until golden brown. Let cool.
3. **In a food processor**, combine salmon with eggs, parsley, breadcrumbs, wheat germ, Parmesan, and lemon pepper, if using. Mix together and spoon into a bowl. Wet your hands with water and shape the mixture into 6 patties. (You can cut the patties with a star-shaped cookie cutter.) Sprinkle patties with blackened seasoning, if using.
4. **In a large nonstick skillet**, warm the remaining tablespoon of oil over medium heat, and cook patties for 4 minutes on each side, or until golden brown and firm to touch. Serve with brown rice, spinach, strips of fresh veggies, salad dressing, and fresh Tzatziki sauce, parsley or lemon juice, if desired.

Notes

State: Idaho

Child's Name: Jacob Russell, 12

Source: The 2016 Healthy Lunchtime Challenge Cookbook