

August 2021 Recipes

Air-Fryer Salmon Patties:



Recipe Summary

Active:

10 mins

Total:

25 mins

Servings:

2

Nutrition Profile:

Ingredients

Ingredient Checklist

- ☐ Cooking spray
- ☐ 2 (7.5 ounce) cans unsalted pink salmon (with skin and bones)
- ☐ 1 large egg

- ☐ ½ cup whole-wheat panko breadcrumbs
- ☐ 2 tablespoons chopped fresh dill
- ☐ 2 tablespoons canola mayonnaise
- ☐ 2 teaspoons Dijon mustard
- ☐ ¼ teaspoon ground pepper

Directions

- ☐ **Step 1**

Coat the basket of an air fryer with cooking spray.

- ☐ **Step 2**

Drain salmon; remove and discard any large bones and skin. Place the salmon in a medium bowl. Add egg, panko, dill, mayonnaise, mustard and pepper; stir gently until combined. Shape the mixture into four 3-inch-diameter cakes.

- ☐ **Step 3**

Coat the cakes with cooking spray; place in the prepared basket. Cook at 400 degrees F until browned and an instant-read thermometer inserted into the thickest portion registers 160 degrees F, about 12 minutes. Serve with lemon wedges.

Nutrition Facts

Serving Size: 2 Cakes

Per Serving:

517 calories; protein 51.8g; carbohydrates 14.7g; dietary fiber 2.1g; sugars 0.6g; fat 26.7g; saturated fat 5g; cholesterol 180.9mg; vitamin a iu 309.2IU; vitamin c 0.5mg; folate 55.2mcg; calcium 545.9mg; iron 2.7mg; magnesium 67.6mg; potassium 680.3mg; sodium 384.2mg; thiamin 0.1mg.

Exchanges:

6 1/2 Lean Protein, 2 Fat, 1 Starch, 1/2 Medium-Fat Protein

Quinoa Fruit Salad with Honey-Lime Dressing:



- 1 cup quinoa
- 2 cups water
- Pinch of salt

For the Honey Lime Dressing:

- Juice of 1 large lime

- 3 tablespoons honey
- 2 tablespoons finely chopped fresh mint

For the fruit:

- 1 1/2 cups blueberries
- 1 1/2 cups sliced strawberries
- 1 1/2 cups chopped mango
- Extra chopped mint for garnish-optional

Homemade Chocolate Nut Protein Bars:



Ingredients

For the protein powder-free option (Keto, Paleo, Gluten Free)

- 2 cups smooth almond or peanut butter can sub for any nut/seed butter
- 1/2 cup monk fruit sweetened maple syrup
- 3/4 cup coconut or almond flour
- 2 cups stevia sweetened chocolate chips (Optional)

For the oat version (Vegan, Gluten Free, Sugar Free)

- 3 cups gluten free old fashioned oats can sub for quinoa flakes
- 4 scoops protein powder of choice (pea, rice, chickpea, etc.)
- 1 cup nut/seed butter of choice
- 1 cup brown rice syrup
- 2 cups dairy free chocolate chips (Optional)

Instructions

1. Line a deep 8 x 8-inch or 8 x 10-inch pan with parchment paper and set aside.
2. In a large mixing bowl, add your dry ingredients and set aside.
3. In a microwave-safe bowl or stovetop, melt your nut/seed butter with your sticky sweetener until combined. Mix your wet and dry ingredients and mix until a thick batter remains.
4. Transfer the protein bar dough to the lined pan and press firmly in place. Refrigerate.
5. Melt your chocolate chips and pour over the bars. Refrigerate until firm.