

# Salmon Croquettes

## Ingredients

1 can of PINK salmon.  
1 diced onion.  
1 egg. Per can of salmon  
1/4 cup of cornmeal  
1/4 cup of flour  
1 Ts of salt.  
1 Ts Pepper  
1Ts garlic powder..

## Directions

Heat oil in a skillet...just enough to cover the bottom of the skillet.

Mix together the wet ingredients then the onion and the dry last...mix very well and keep the juice in the can..don't throw it out. Mix it all together,It keeps your salmon to stay moist and not get dry.

Form into patties ...not too thick because you want them to cook all the way through.

and fry in a skillet about 3 minutes per side til crispy...remove and place on a paper towel

Serve with white rice