

- » Nonstick vegetable cooking spray
- » 3, 6-oz cans Alaskan wild salmon, drained and minced fine
- » 2 tbsp melted diet margarine
- » 2 tsp dried dill, divided
- » 2 tbsp lemon juice, divided
- » 2 tbsp lemon zest (grated lemon rind), divided
- » 1 1/2 tsp salt-free herb seasoning blend, divided
- » 3 tbsp flour
- » 1 egg, well beaten
- » 1/4 cup seasoned bread crumbs
- » 1 cup crushed crisp rice cereal
- » 1/4 cup low-fat sour cream
- » 1/4 cup nonfat yogurt
- » 1 cup long-grain brown rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	498 cal	Cholesterol	109mg
Protein	36g	Sodium	321mg
Carbohydrate	55g	Calories from Fat	25%
Fat	14g	Fiber	3g
Saturated Fat	4g		

Preheat oven to 375°F. Spray cookie sheet with nonstick vegetable cooking spray. In a bowl combine salmon, margarine, dill, 1 tbsp lemon juice, 1 tbsp lemon zest, and 1 tsp salt-free herb seasoning blend and mix well. Shake flour onto waxed paper. To make each croquette, compress 1/3 cup salmon mixture together and roll in flour to coat. Refrigerate 30 minutes. Combine seasoned bread crumbs, crushed crisp rice cereal, and 1/2 tsp salt-free herb seasoning blend in a bowl. Roll croquettes in well-beaten egg and then bread crumb mixture. Place on cookie sheet and bake 30 minutes, turning once. To make sauce, combine low-fat sour cream, yogurt, 1 tsp dried dill, 1 tbsp lemon juice, 1 tbsp lemon zest, and 1/2 tsp salt-free herb seasoning blend. Serve sauce over croquettes with hot brown rice. Serves 4.

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