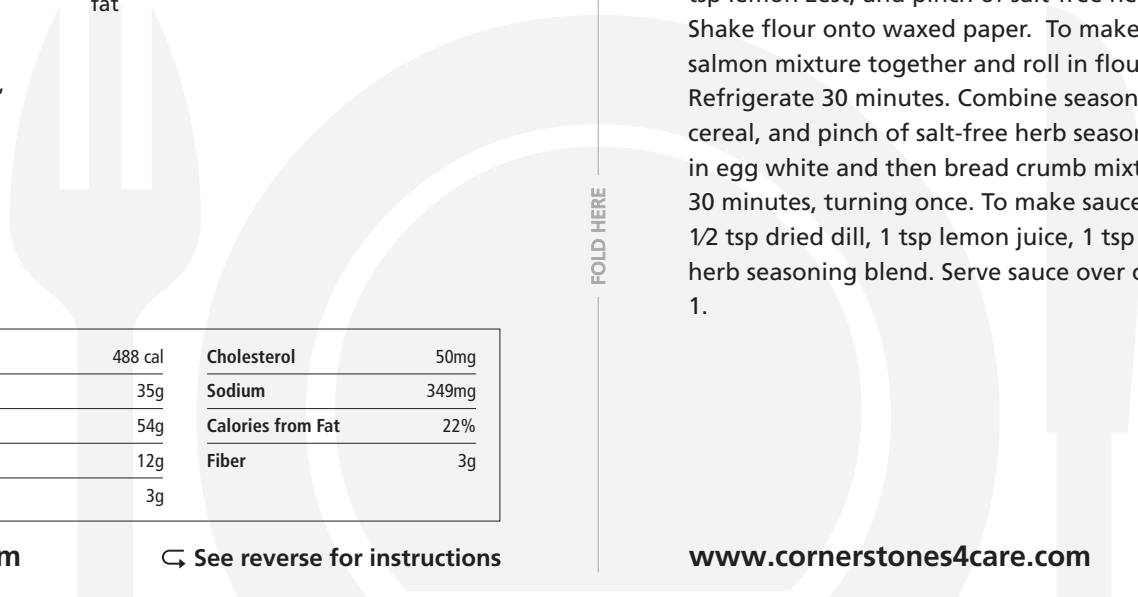


- » Nonstick vegetable cooking spray
- » 4 oz canned Alaskan wild salmon, drained and minced fine
- » 1/2 tbsp melted diet margarine
- » 1 tsp dried dill, divided
- » 2 tsp lemon juice, divided
- » 2 tsp lemon zest (grated lemon rind), divided
- » Pinch salt-free herb seasoning blend
- » 1/2 tbsp flour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



## Nutritional Content

Per Serving

Calories	488 cal	Cholesterol	50mg
Protein	35g	Sodium	349mg
Carbohydrate	54g	Calories from Fat	22%
Fat	12g	Fiber	3g
Saturated Fat	3g		

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