



## From the Kitchen of Executive Chef Jessica VanRoo



### Sweet Potato Salmon Quinoa Cakes

Serves 4

**Description from Live Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

Salmon is the ultimate heart-healthy fish, thanks to its high omega 3 fat content. These fats are known to decrease the risk factors for heart disease because they:

- Lower blood pressure
- Lower cholesterol
- Lower triglycerides

Garlic adds flavor and a number of medicinal benefits. It has been shown to reduce cholesterol, lower blood pressure and inhibit the formation of blood clots, which reduces the risk of stroke.

Total cost of recipe: \$6.18/\$1.55 a serving

#### Ingredients

- 2 5-ounce cans of wild salmon (skinless and boneless, if possible), drained
- 1 cup cooked quinoa (1/3 cup raw)
- 1 cup cooked and mashed sweet potato
- 1 large egg, beaten
- 4 green onions, minced
- 2 cloves of garlic, minced
- ½ teaspoon turmeric
- ¼ cup oat flour, or more as needed
- Salt and pepper to taste
- 2 tablespoons extra virgin olive oil
- Cornmeal (optional)



**From the Kitchen  
of  
Executive Chef  
Jessica VanRoo**



**Sweet Potato Salmon Quinoa Cakes**

**Instructions**

1. Place salmon in a mixing bowl and flake gently with a fork.
2. Add cooked quinoa, sweet potato, egg, green onions, garlic, turmeric, oat flour, salt and pepper.
3. Mix gently until evenly combined, being careful not to overmix. Shape the salmon mixture into patties.
4. Heat olive oil in a pan over medium-high heat. Add just enough oil to coat. If you don't want to use too much, use an oil mister or put oil on a paper towel and coat the pan.
5. If you want a crisp crust, dredge the salmon cakes in cornmeal before cooking.
6. Cook for 3-5 minutes per side, or until lightly browned and heated through.