Going Healthy: Easy Coconut Salmon Cakes

Description

Do you find yourself stuck in a rut of eating the same thing day in and day out for weeks? If you answered â€œYesâ€•, youâ€™re not alone. But I make it a point to change things up when I can. As long as itâ€™s tasty, healthy, and relatively quick to make, itâ€™s fair game! Or should I say fair *fish*? See what I did there?

Enter these delicious salmon cakes that are both healthy and easy to make. Using canned salmon (tuna or crab would work too) makes these a convenient weeknight main course and are perfect to make extra for the next day.

Serve on a bed of steamed squash and green beans.

So, make a double batch of these to have dinner with the family and to take to work (or just have the next day if you stay at home like me) for a healthy and delicious lunch.

Baked Coconut Salmon Cakes

Ingredients

2 (5oz) cans wild salmon in water, drained (canned tuna or crab works too)

1/2 cup Coconut Flour (If you donâ€™t have this, rolled oats also work well)

1 tsp each of cumin, garlic powder, and onion powder

1/2 tsp cayenne

2 T Dijon mustard

3 egg whites or 3 flax/chia eggs

4 T Of your favorite salsa

1 T each dried basil and dill

Pepper to taste

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Directions

Pre-heat oven to 375 degrees

Add all ingredients in a bowl and mix well to incorporate. You can also mix everything in a food processor if desired. If mixture seems too runny, add oats or coconut flour 1 tablespoon at a time until thick enough to hold together.

Scoop the mix into a lightly oiled 12 cup muffin pan (I filled 9 of the 12 cups) and bake in pre-heated oven for 25 -30 minutes, depending how toasted you want the top. It should have a crispy golden crust on top.

Remove from oven and let cool in pan for 5 to 10 minutes.

Top each cake with your favorite mustard, salsa, or even a yogurt sauce like Tzatziki; I like them plain too. Serve with steamed veggies of choice.

Not pretty, but very tasty!

Kelleyâ€™s parents, Nana and Papa, are coming over to see Avery today while Kelley and I use the time to get chores done. Kelley is going to clean our bathroom while I run to Costco and Sprouts sans

baby for our weekly essentials. Yeah, we live exciting lives, donâ€™t be jealous.

Nana, Papa, Avery at 1 month, and Abby.

This made me realize I donâ€™t have many pictures of Nana and Papa with Avery, so Iâ€™ll be sure to fix that today!

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Avery had a big week working on her rolling abilities, and now she rolls both ways like a pro! Hopefully sheâ€™ll show off her new skills today and maybe even surprise us all and get up to tap dance. Or maybe notâ€¦.

Plus, sheâ€™s been going on long walks in our new Onya Outback and always seems pretty worn out afterward.

Once the ground dries from the rain weâ€™ve had, I hope sheâ€™s ready to help Daddy mow the lawn in our new Fiskars Reel Mower!

But then itâ€™s time to rest. Oh yeah, today is Legs day in my Supreme 90 workoutâ€¦ouch!

How do you like salmon or tuna cakes, baked or pan-fried?

Any fun Sunday plans?

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