



salmon & sweet potato cakes

10 ounces cooked salmon,
finely flaked

½ cup sweet potato puree

1 egg

1 teaspoon dried dill

¼ cup whole wheat
bread crumbs

1 tablespoon olive or
vegetable oil

1. Place the cooked, flaked salmon in a large bowl. Add pureed sweet potato, egg and dill. Mix well to combine.
2. Shape the mixture into 9 patties. Use about 2 tablespoons of the mixture to make each patty about ½ inch thick.
3. Lightly coat a large skillet or griddle with some of the oil over medium-high heat. Cook 3 patties at a time for 3 to 4 minutes on each side until lightly golden brown on both sides.
4. Let cool before serving to your baby.



Eat salmon & sweet potato cakes with your child!

For your toddler -
cut into strips and serve with a vegetable puree for dipping.

For older children and adults -
serve with avocado yogurt dip, tzatziki or tartar sauce.



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