

Gollai and Salmon Patties

Makes
12 patties

Prep time
15 minutes

Cook time
15 minutes

Good source of Protein

Ingredients:

- 1 can pink salmon
- ½ cup broccoli florets, fresh or frozen, finely chopped
- ½ cup sigidiyas (wing beans), or friholes (long beans), thinly sliced
- ½ cup yellow onion, finely chopped
- 1 clove fresh garlic, diced
- 2 eggs
- ½ cup dry oatmeal or bread crumbs
- 2 Tbsp. lemon or kalamansi juice
- ¼ tsp. black pepper
- ¼ tsp. salt
- 2 Tbsp. vegetable oil

Optional hot sauce or pepper flakes

Nutrition Facts

12 servings per container
Serving size 1 patty (56g)

Amount per serving
Calories **100**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 160mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 4mcg	20%
Calcium 87mg	6%
Iron 1mg	6%
Potassium 152mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Drain salmon well. Remove skin and large bones. Place salmon in mixing bowl and use a fork to flake fish into small chunks.
2. Add broccoli, winged beans or yardlong beans, onion, garlic, eggs, oatmeal or bread crumbs, lemon/kalamansi juice, salt, pepper, and optional hot sauce or pepper flakes. Mix thoroughly.
3. Form mixture into tightly-packed patties.
4. In a frying pan or skillet, heat vegetable oil over medium heat. When hot, add patties and cook for 5-7 minutes or until brown. Flip and cook the other side an additional 5-7 minutes.
5. Serve hot. Refrigerate leftovers.

