#### WELL AWARE



# Salmon and Potato Cakes with Fire Roasted Corn Salsa

# by Michaelangelo Wescott

#### Ingredients (Serves 4)

- 1 can of salmon (6 ounces)
- 2 medium russet potatoes, peeled
- 1 small onion, chopped or grated
- 1 egg
- ¼ cup flour
- 1/4 cup fresh dill, chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 6 Tablespoons extra virgin olive oil for frying

## Fire Roasted Salsa Ingredients

- 2 large ears corn
- 1 medium red pepper, diced
- 1 jalapeño, diced
- 12 cherry tomatoes, cut in half
- 2 Tablespoons cider vinegar
- Salt and pepper, to taste

#### **Directions**

- 1. Boil potatoes until soft and mash.
- 2. Allow to cool.
- 3. In a large bowl, flake salmon with a fork. Add rest of ingredients, including potatoes, and mix well with a fork.
- 4. Make 12 patties. Heat olive oil on medium heat in a frying pan. Fry until golden brown on each side (about 5 minutes per side).
- 5. Serve with salsa.

## **Fire Roasted Salsa Directions**

- 1. Peel and roast corn on a gas burner or on a grill.
- 2. Shave corn in a mixing bowl.
- 3. Add all other ingredients. Salt and pepper, to taste.
- 4. Serve with salmon cakes.



/miiasocial | www.emiia.org

