

## SALMON PATTIES WITH BROCCOLI

For a little variety, this is a great alternative to a piece of salmon. I buy Trident Seafoods brand, which uses wild, ocean-caught Alaskan salmon. It's also pre-seasoned, so you get great flavor without the prep work.



### INGREDIENTS

- **2 Frozen Salmon Patties**  
*(I like Trident Seafoods from Costco.)*
- **1 Tbsp Grapeseed Oil**
- **160g Broccoli**

### INSTRUCTIONS

- Step 1 ///**  
Cook salmon patties according to package instructions.
- Step 2 ///**  
Pour grapeseed oil over broccoli. Toss to coat. Microwave broccoli for 1 1/2 minutes or until done to your liking.

### NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
SALMON PATTIES	2	40.0	4.0	18.0	338
1 TBSP FLAX, OLIVE, OR GRAPSEED OIL	1	0	0	14.0	126
BROCCOLI	160	4.5	10.9	0.6	67
<b>▶ TOTAL</b>		<b>44.0</b>	<b>76.0</b>	<b>33.0</b>	<b>531</b>