

Chickpea and Salmon Croquettes



An original and economical recipe that everyone will love! Who doesn't like croquettes? It's a great way to incorporate more plant-based proteins into our diet while also contributing to our omega-3 intake and enjoying the convenience of eating with our hands!

Preparation 15 min

Cooking 12 min

Servings 5

Nutrition Facts (per serving)

Calories 215

Fat 10

Carbohydrates 14

Fibre 3

Protein 18

Sodium 500

Ingredients

- 240 g of cooked or canned salmon (or canned tuna)
- 250 ml (1 cup) of chickpeas, rinsed and drained
- 1-2 garlic clove(s), finely chopped
- 1 celery stalk, coarsely chopped
- 1 large egg
- 60 ml (1/4 cup) of light feta cheese

- ½ lemon, juice and zest
- 15 ml (1 tbsp) of capers
- 10 ml (2 tsp) of fresh ginger (*optional*)
- 7 ml (½ tbsp) of Dijon mustard
- Fresh cilantro, to taste

Sauce:

- 30 ml (2 tbsp) of 0% fat natural yogurt
- 15 ml (1 tbsp) of light mayonnaise (or sour cream)
- 15 ml (1 tbsp) of lemon juice
- 5 ml (1 tsp) of whole grain mustard
- Chives (or green onion), to taste

Breading:

- 60 ml (¼ cup) of Panko breadcrumbs (or chickpea breadcrumbs)
- 15 ml (1 tbsp) of sesame seeds
- 1 ml (¼ tsp) of smoked paprika
- 10 ml (2 tsp) of olive oil

Preparation

1. In a food processor, place the ingredients for the croquettes and mix until you have a homogeneous mixture (but not smooth).
2. In a shallow plate, mix the ingredients for the breading, except the oil.
3. Shape the salmon mixture into about 10 croquettes and dip each side into the breading.
4. In a skillet over medium heat, brown the croquettes in the oil for about 3 minutes on each side.
5. Mix the sauce ingredients and serve the croquettes with it, along with a green salad or roasted vegetables.

Notes

Keeps for 2-3 days in the refrigerator in an airtight container or 2 months in the freezer.



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