

**Quick 'N Easy Salmon Croquettes**

**16-oz can salmon (or leftover fresh, cooked) minced**  
**2 T butter or olive oil**  
**1/8 tsp cayenne pepper**  
**1/4 tsp nutmeg**  
**1 T lemon juice**  
**3 T garbanzo flour**  
**waxed paper**  
**1 egg, beaten well**  
**1/4 cup dry spelt crumbs or ground rice crackers**

**Preheat oven to 325. Cover baking sheet with parchment paper. Combine salmon, oil, cayenne, nutmeg and lemon juice. Shake flour loosely on waxed paper. Form each croquette by rolling 1/3 cup mixture in flour. Refrigerate croquettes for at least 30 minutes, then roll in egg and crumbs. Place croquettes on baking sheet and bake 15 minutes. Turn croquettes and bake another 15 minutes.**

**Serve with salad of seasonal greens.**