

# Baked Salmon Balls

Salmon has a high number of vitamin D and enhances bone health from the omega-3 fatty acids. Additionally, omega-3 fatty acids increase the efficiency of brain functions, such as improved memory. Try this recipe!

## Ingredients

- 2 - 6oz. cans of Wild-Caught Alaska Salmon
- ½ cup of breadcrumbs (or Farina Wheat)
- ¼ cup finely chopped green onions
- 1 teaspoon minced garlic
- ½ teaspoon ground ginger
- 2 teaspoons sesame oil
- 1 egg, beaten

## Directions

- Step 1 - Preheat oven to 350 degrees Fahrenheit. Grease or line a large baking sheet with parchment paper or baking mat.
- Step 2 - Combine all the ingredients in a medium bowl. Using clean hands, stir until well combined. Pack tightly and roll into 1-inch meatballs.
- Step 3 -Place in a single layer on a baking sheet lined with parchment paper or mat for easy clean up. In a small oven-safe dish, add some water and place in the pan alongside the meatballs.
- Step 4 - Bake for 12-15 minutes, flipping halfway through.

## Notes

- When shaping the balls, work with slightly wet hands. You will find it much easier to shape them.
- Store in an airtight container for 3-4 days in the refrigerator. Freeze for up to 3 months.

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