

Vegan Salmon Cakes

- 1 can Heart of Palm
- 1 can of Chickpeas (drained)
- ¼ cup of onion (chopped fine)
- 1 pack of seaweed sheets (.35oz)
- ½ cup mushrooms (chopped/**optional**)
- 1 tsp Old Bay seasoning (low sodium)
- ¼ tsp No Salt or regular salt (if you're not watching your salt intake)
- 1 tsp Garlic Powder or fresh garlic
- 1 tsp Mrs. Dash seasonings (your preference)
- ½ tsp pepper
- 1 tsp Onion Powder
- ½ tsp Paprika
- ½ tsp Turmeric
- ½ cup chickpea flour (or all purpose flour)

Drain heart of palm and using a fork, shred it, then chop the shreds so that they are not too long and set aside.

Place drained chickpeas, onions, mushrooms in a food processor and pulse until peas resemble meal. Add seaweed sheets and pulse some more until sheets are chopped fine. Add seasonings and pulse a little more to mix.

Place mixture in a bowl and add shredded heart of palm. Mix well and make cake like patties. Place flour in a bowl, lightly batter patties with flour, then fry like you would regular salmon cakes in oil. You can also cook in an air fryer using nonstick spray.

Note: Make sure grease is hot and ready before placing cakes in the oil.

Serve cakes with rice or if you're from the south, serve with warm molasses and a biscuit! Good eating!

