

Salmon Burgers

Hands-on - 25 min.

Serves 4

These are delicious! A simple and tasty way to eat salmon, which is so good for you!
Serve as burgers on hamburger buns with lettuce and tomato, or serve with a baked potato and green vegetables for a salmon patty dinner.

Menu

Salmon Burgers on Whole-Grain Bun
Steamed Asparagus or Green Beans
Watermelon

1 can (15 oz) red or pink salmon, packed in water, rinsed and drained (or 2 cups flaked)

In a medium bowl, remove skin from fish and flake with a fork, mashing bones (great calcium).

8 crackers (saltines type)
1/4 cup seeded and diced red bell pepper
3 T *Miracle Whip* Light
1 tsp lemon juice (bottled or fresh squeezed)
4 drops *Tabasco* sauce

Crush the crackers and add to bowl.
Add remaining ingredients. Mix well. Set aside.

1 bunch fresh asparagus or green beans

Snap off asparagus bottoms or ends of green beans and place in a microwave-safe dish. Cover and microwave on high 7 minutes, until crisp tender.

Shape the salmon mix into 4 patties. Coat a large nonstick skillet with cooking spray and place over medium heat. Cook salmon cakes, turning once, until lightly browned on each side.

4 hamburger buns (preferably whole-grain)
4 lettuce leaves
1 tomato, sliced

Assemble into burgers.

4 cups watermelon cubes

Serve with asparagus and watermelon on the side.



Nutrition information for 1 Salmon Burger on whole-grain bun, 6 asparagus spears and 1 cup watermelon

Calories	396	Fat	15 g	Fiber	5 g	Sodium	716 mg	Total Carbohydrate	42 g
Calories from Fat	32%	Saturated Fat	2.4 g	Cholesterol	42 mg	Protein	27 g	Sugars	17 g