



Salmon Burger

Yield 6 servings

INGREDIENTS

- 1 (14.75-ounce) or 2 (7.5-ounce) can(s) salmon, drained and flaked
- 2 eggs
- 2 tablespoons finely chopped onion, bell pepper, jalapeno pepper or other vegetable
- ¼ cup bread crumbs or oatmeal
- 2 Tablespoons lemon juice
- ½ teaspoon dried herbs of choice (recommend parsley or basil)
- 2 Tablespoons vegetable oil
- 1/3 cup mayonnaise or yogurt (lite preferred)
- 1 tablespoon hot sauce
- 6 Hamburger Buns (whole wheat preferred), lettuce cups or wraps

DIRECTIONS

1. In a medium bowl, mix together the salmon, eggs, vegetables, breadcrumbs or oatmeal, lemon juice, and dried herbs. Form into 6 firmly packed patties, about ½ -inch thick.
2. Add the oil to a large skillet over medium heat. When the oil is hot, add the patties, and cook for 4 minutes per side, or until golden brown on each side.
3. In a small bowl, mix together the mayonnaise or yogurt and hot sauce to make a topping for the burger.
4. Build the burgers on the buns, lettuce cups or wraps using 1 Tablespoon of sauce to top each burger.

NOTE: Other additions to top your burger can be lettuce, tomato, shaved onion, thinly sliced cucumbers, sprouts or coleslaw.