



## Salmon Burgers

|         |   |
|---------|---|
| 1 lb    | Salmon filet, poached, skinned and cooled |
| 2 Tbsp. | Lemon Juice                               |
| ½ cup   | Finely chopped onion                      |
| ½ cup   | Fresh Parsley (2 teaspoon parsley flakes) |
| ½ tsp.  | Garlic powder                             |
| 2       | Eggs, (or ½ cup Egg Beaters)              |
| ¼ cup   | Fat free mayonnaise                       |
| ½ cup   | Bread crumbs                              |

Makes 5 Salmon Burgers

- Preheat oven to 350 degrees.
- In a medium bowl breakup poached salmon and sprinkle with lemon juice. Add chopped onion, parsley flakes and garlic powder, mix to combine.
- Beat eggs and add low fat mayonnaise and mix. Combine with salmon mixture.
- Add bread crumbs a bit at a time until they will hold together to form patties.
- Use 1/3 cup measuring cup to shape into patties.
- Put on lightly greased baking sheet and bake in oven for 15 minutes. Or fry in nonstick pan or George Foreman grill.

### Nutritional Information per patty:

|                      |                     |
|----------------------|---------------------|
| Calories: 206        | Total Fat: 6.2g     |
| Saturated fats: 1.7g | Carbohydrate: 12.7g |
| Dietary Fiber: 1.5g  | Protein: 23.8g      |