

Dad's Fresh Salmon Burgers

Yield: 4 servings **Total:** 35 Minutes

Ingredients

- 1 lb salmon fillet, skinned with any bones removed
- ¼ cup panko bread
- 2 Tbsp. finely minced red bell pepper
- 2 Tbsp. finely minced red onion
- 1 Tbsp finely minced cilantro
- 1 Tbsp lite soy sauce
- ½ tsp fresh grated ginger
- 2 tsp canola oil
- 4 small whole wheat burger buns, reduced calorie or “light”: toasted
- 4 slices tomato
- 4 romaine lettuce leaves

Preparation

1. Add one quarter of the salmon to a food processor. Process the salmon until it is like a pasta. Add to a bowl. Chop the remaining salmon by hand into small pieces, and add them to the salmon paste.
2. Add the bread crumbs, red pepper, red onion, cilantro, soy sauce and ginger to the salmon and mix very gently. Handling the salmon mixture delicately, form it into 4 patties. Place the patties on a plate, cover and refrigerate for 20 minutes.
3. Remove the salmon burger patties from the refrigerator and let them stand at room temperature for 5 minutes. Coat a large skillet with cooking spray. Add the oil and heat to medium-high.
4. Add the salmon burger patties and cook them for about 3 minutes per side, or until they are cooked through.
5. Serve the burgers on the buns with the tomato and lettuce.

Nutritional Information: Amount per serving: Calories: 360

Fat: 15.0g Saturated fat: 2.3 g Monounsaturated fat: 6.3g
Protein: 19.9g Carbohydrate: 28 g Cholesterol: 80mg Sodium: 380mg
Calcium: 58mg Potassium 57mg Phosphorus 370mg

