

# Salmon Burgers

**SERVES**

**MENU**

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.

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**SALMON BURGERS ON WHOLE-GRAIN BUN**  
**STEAMED ASPARAGUS OR GREEN BEANS**  
**BAKED TORTILLA CHIPS**  
**FUDGESICLE**

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

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

**8 crackers (whole-wheat 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.

**40 baked tortilla chips (Tostitos®)**

Serve with asparagus and 10 chips on the side.

Don't forget the fudgesicle for dessert!

**EXCHANGE VALUES**

3 Starch    3 Meat    1 Veg.    — Fruit    — Milk    — Fat

**Nutrition information for 1 Salmon Burger on whole-grain bun, 6 asparagus spears and 10 baked corn chips**

**Hands-on Time — 25 min.**

Calories .....	415	Fat .....	13.5 g	Fiber .....	6 g	Sodium .....	795 mg	Total Carbohydrate .....	50 g
Calories from Fat .....	27%	Saturated Fat .....	2 g	Cholesterol .....	76 mg	Protein .....	28 g	Sugars .....	4 g