

SALMON BURGERS

Prep & Cooking Time: about 15 minutes
Makes 4 patties

Ingredients

2 cans (170 g /6 oz each) salmon, drained (or leftover, cooked salmon)

1 egg

125 mL (1/2 cup) dry breadcrumbs (or Panko crumbs)

125 mL (1/2 cup) green onion, chopped (optional)

15 mL (1 T.) lemon juice

2 mL (1/2 tsp.) black pepper

15 mL (1 T.) canola or olive oil

Mayonnaise or tartar sauce (optional)

4 bread rolls or pitas (optional)

Directions

In a large bowl, mash together salmon, egg, breadcrumbs, green onion (if using), lemon juice and black pepper until well-combined.

Wash hands and form the mixture into 4 equal-size patties; place on a clean plate.

Heat oil in skillet at medium-high heat. Fry patties until lightly browned on each side and heated through (about 5 minutes per side).

Place on a roll or in a pita and top with mayonnaise or tartar sauce; if desired.

Serve with a green salad or other vegetable side dish for a complete/balanced meal.



A nice change from frozen fish sticks – a really quick and easy dinner (15 minutes or less)!

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Source of iron, calcium, omega 3s and zinc



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