

Grilled Salmon Burgers: 25 Minute Meal



INGREDIENTS:

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon
1 egg, slightly beaten
1/4 cup finely chopped onion
1/4 cup thick barbecue sauce
1 cup fresh bread crumbs (about 2 slices bread)
4 cheese slices, if desired
4 hamburger buns or rolls

Grilled Salmon Burgers: 25 Minute Meal

DIRECTIONS:

Burger Mixture: Drain salmon thoroughly, squeezing out excess moisture. In bowl, flake salmon with fork. Add egg, onion, barbecue sauce and bread crumbs. Blend thoroughly until mixture is almost smooth.

Burgers: Divide and form mixture into 4 patties. Preheat broiler/oven or grill to medium-high heat. Place patties on spray-coated broiling pan or well-oiled grill 4 to 5 inches from heat. Cook about 4 to 5 minutes per side. Add cheese slices, if desired. Serve on buns or rolls.

Variations: Teriyaki sauce, thick 'n chunky salsa, chili sauce, OR seafood cocktail sauce may be substituted for barbecue sauce.

Makes 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 487.8 calories, 18.1g total fat, 7.1g saturated fat, 34% of calories from fat, 130.5mg cholesterol, 34.4g protein, 44.6g carbohydrate, 2.2g fiber, 1496.4mg sodium, 484.1mg calcium and 1.9g omega-3 fatty acids.