



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