

Salmon Burgers



Ingredients:

- 1-14.75 ounce canned salmon
- 2 green onions, chopped
- 1/2 cup bell pepper, chopped
- 8 wheat saltine crackers
- 2 teaspoons lemon juice
- 2 egg whites, whisked
- 2 tablespoons low-fat plain yogurt
- 1/4 teaspoon black pepper

Directions:

1. Drain salmon. Mix with green onions, red pepper, crackers, lemon juice, egg whites, and yogurt in a medium bowl.
2. Shape into four round patties.
3. Coat a large skillet with nonstick cooking spray and heat over medium heat.
4. Place salmon patties onto skillet and cook until golden brown.
5. Flip patties and cook until golden brown.
6. Serve on whole wheat buns.

Makes 4 servings.



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