

Easy Salmon Burgers

Makes 5 servings | Prep Time 25 mins | Cost per serving 76¢

INGREDIENTS

2 tablespoons canola oil

1 can (15oz.) cannellini beans, low sodium, drained and rinsed

1 can (15oz.) salmon, drained

1/4 onion, chopped or grated

1/4 cup of quick oats

1 teaspoon salt-free seasoning
(similar to Mrs. Dash)

1/4 teaspoon pepper

1 egg

INSTRUCTIONS



1. Heat oil in a large skillet over medium high heat.
2. In a small bowl or plastic zipper bag mash beans until desired consistency is reached. Set aside.



5. Turn out into hand and shape into a burger.



3. In a medium bowl combine salmon, onion, oats, egg, mashed beans, and seasoning. Mix well.



6. Place burgers in the heated pan and cook for 5-8 minutes on each side.



4. Firmly pack mixture into a 1/2 cup sized measuring cup.



7. Serve on a bun and enjoy.

Easy Salmon Burgers

Recipe by Diana Parker and Tiffany Tanksley, Dietetic Interns

NUTRITION FACTS

Serving size: 1/2 cup of mixture

Calories: 193

Total Fat: 8g

Saturated Fat: 1g

Cholesterol: 38mg

Sodium: 250mg

Carbohydrates: 14g

Dietary Fiber: 3g

Protein: 16g

TIPS

- » Use a glove or plastic bag or plastic wrap over your hand for ease when mashing beans.
- » Try grating onions for a smoother texture.
- » Try with canned tuna, chicken, or other beans for variety.
- » Add crumbled burgers on top of a salad instead of eating on a bun.
- » Make ahead and freeze uncooked burgers for a quick, easy meal.
- » Burgers can be baked in the oven or toaster oven instead of the stove top.

*Nutrition information does not include extra salt and pepper.

For more recipes visit acfb.org/nutrition or contact nutrition@acfb.org