

Snappy Salmon Burgers

(Makes 8 salmon burgers)

Fresh salmon makes all the difference with these sensationally delicious burgers full of snap and pop!

Ingredients:

- 2 pounds fresh salmon fillets, skinned
- ½ cup chopped green onions
- ½ teaspoon minced garlic
- 2 tablespoons lemon juice
- ½ teaspoon dried dill weed leaves
- Salt and pepper to taste
- 1 egg
- 1 egg white
- 2 cups crisp rice cereal



Directions:

1. With knife or food processor, chop salmon into small pieces.
2. In large bowl, mix together salmon, green onions, garlic, lemon juice, dill and season to taste.
3. In another bowl, whisk together egg and egg white and add to salmon mixture.
4. Using your hands, gently mix salmon mixture with cereal (mixture will be loose). Form mixture into burgers.
5. Heat large nonstick skillet coated with nonstick cooking spray over medium heat. Cook 3-4 minutes on each side or until golden brown.
6. Serve with your favorite condiments.

Nutritional Analysis: (per serving)

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| ▪ Calories: 188 | ▪ Carbohydrate: 7g |
| ▪ Calories from Fat: 29% | ▪ Dietary Fiber: 0g |
| ▪ Fat: 6g | ▪ Total Sugars: 1g |
| ▪ Saturated Fat: 1g | ▪ Protein: 25g |
| ▪ Cholesterol: 76 mg | ▪ Dietary Exchanges: ½ starch, 3 lean meat |
| ▪ Sodium: 142 mg | |

Terrific Tip: Salmon patties may be made ahead of time and refrigerated until ready to cook. If grilling, place salmon patties in freezer about 20-30 minutes and they will hold together better.

Source:

This recipe is from [Holly Clegg's TRIM & TERRIFIC KITCHEN 101: Secrets to Cooking Confidence: Cooking Basics Plus 150 Easy Healthy Recipes](#). Posted with permission from Holly Clegg, www.hollyclegg.com