



Salmon Burgers

6 servings

Canned salmon is an excellent source of calcium. Calcium keeps your nerves, heart and muscles healthy and may help regulate blood pressure.



2 eggs

1 ²/₃ cups coarse cracker crumbs*

 $\frac{1}{2}$ small onion, scrubbed with clean vegetable brush under running water and chopped 1 (15 ounce) can salmon or 2 (5 ounce) cans tuna in water, drained

²∕₃ cup low-fat milk

 $\frac{1}{2}$ cup celery, gently rubbed under cool running water, chopped (optional) salt and pepper, to taste

- 1. Wash hands with soap and water.
- 2. Break eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Beat eggs, and add remaining ingredients. Mix well. Mixture will be moist.
- 3. Spray a large skillet with non-stick cooking spray. Heat skillet. Drop fish mixture onto the skillet using a $\frac{1}{3}$ or $\frac{1}{2}$ cup measuring cup. Brown on both sides.
- 4. Cook until internal temperature reaches 160 °F on a food thermometer.
- 5. Store leftovers in a sealed container up to four days in the refrigerator.

*Dry breadcrumbs, crushed unsweetened cereal, or uncooked oatmeal can be used instead of cracker crumbs.

Nutrition Information per Serving: (1/6 of recipe) Calories 230, Total Fat 9g, Saturated Fat 2.5g, Cholesterol 120mg, Sodium 730mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 2g, Protein 19g, Vitamin A 4%, Vitamin C 2%, Calcium 20%, Iron 10%.

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