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 ¾ cups coarse cracker crumbs*
½ 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
¾ cup low-fat milk
½ 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.
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%.