

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 $\frac{2}{3}$ 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
 - $\frac{2}{3}$ 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 in the refrigerator for up to four days.

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

Nutrition Information per Serving: (1/6 of recipe): Calories 280, Total Fat 10g, Saturated Fat 2g, Cholesterol 120mg, Sodium 600mg, Total Carbohydrates 24g, Fiber 2g, Total Sugars 4g, includes 0g Added Sugars, Protein 21g, Vitamin D 50%, Calcium 20%, Iron 10%, Potassium 8%.