

Healthy Burger Idea!

Mediterranean Salmon Burgers



Healthy and delicious, spiced with zesty Mediterranean flavors!

INGREDIENTS

1 15-oz can wild salmon, drained*
1/3 cup breadcrumbs
2 eggs
½ cup chopped onion
1 cup fresh spinach, chopped

1 garlic clove, minced
2 Tablespoons lemon juice
3 Tablespoons roasted red pepper hummus
¼ cup reduced fat feta cheese
cooking spray

DIRECTIONS

Remove skin and bones from canned salmon. Add drained salmon and all other ingredients to a large bowl. Stir well to combine.

Cover and refrigerate mixture for 30 minutes

Form mixture into four tightly packed patties. Preheat grill to medium heat. Once heating surface is hot, cook patties for 5-7 minutes or until browned. Carefully flip to brown the other side. Serve warm on buns in desired. *

*nutrition information is calculated without a bun

NUTRITION INFORMATION

Calories	235
Total Fat	7.7g
Saturated Fat	2.1g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	0.9g
Cholesterol	135.5mg
Sodium	815.6mg
Potassium	115.5mg
Carbohydrates	10g
Fiber	2g
Sugars	1.6g
Protein	32.5g