

## Salmon Burgers on a Bun

### Ingredients:

15 ounces pink salmon, packed  
 in water  
 1/2 red bell pepper  
 8 wheat crackers  
 3 tablespoons low-fat mayonnaise  
 1 teaspoon lemon juice  
 4 drops hot sauce  
 4 whole grain dinner rolls  
 4 pieces lettuce leaves  
 1 tomato, sliced

### Equipment:

Medium bowl  
 Measuring spoons  
 Measuring cups  
 Non stick skillet  
 Spatula  
 Re-sealable plastic bag

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### Directions

1. Coat a large nonstick skillet with cooking spray and heat over medium heat.
2. While skillet is heating, place drained fish in a medium bowl (remove some of the skin if desired, flake fish with a fork, mashing bones).
3. Wash a red pepper and cut it in half lengthwise. Save half for other uses. Remove stem, seeds and white membranes. Cut pepper into slices then dice. Add to salmon.
4. Place crackers into a re-sealable plastic bag, squeeze air out and sip shut. Break crackers into small pieces.
5. Add cracker crumbs, mayonnaise, lemon juice and hot sauce to bowl with salmon. Gently mix and shape into 4 patties.
6. Cook salmon cakes, turning once, until lightly browned on each side
7. While salmon is cooking, slice tomato into 1/4 inch slices cutting out the core.
8. Place burger on top of hamburger bun half and top with tomato, lettuce and sauces as desired.

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Nutrition Facts	
Serving Size: 1 burger	
Servings: 8	
Amount Per Serving	
Calories 343	Calories from Fat 99
%Daily Value*	
Total Fat 11g	16%
Saturated Fat 2g	9%
Cholesterol 59mg	20%
Sodium 449mg	19%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	21%
Protein 27g	54%
Vitamin A 18%	Vitamin C 41%
Iron 15%	Calcium 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

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