

Alaska Salmon Burgers

1 15.5-ounce can unsalted pink salmon, drained, skin removed
1/2 cup celery, finely chopped
1/2 cup dry bread crumbs
1/4 cup lite mayonnaise
1 egg, beaten
2 tablespoons salsa
1 tablespoon parsley, finely chopped
1 tablespoon lemon juice
1/8 teaspoon black pepper

1. Combine all ingredients. Mix well.
2. Form into 4 patties.
3. Spray nonstick pan with oil. Fry until golden brown on both sides.
4. Serve on hamburger buns with lettuce, sliced tomato, and pickles.

Makes 4 servings.

Per serving: 245 calories, 12 gm total fat, 3 gm saturated fat, 81 mg cholesterol, 313 mg sodium.

Source: *Seafood Twice a Week* by Evie Hansen & Cindy Snyder

Comments: Canned tuna can be substituted for the salmon. I usually cut this recipe in half and find that it still creates 4 servings.