



SALMON BURGERS

MACROS | SERVING SIZE

Protein 48g | Fat 37g* | Carbs 21g

% CALORIES OF MACROS | SERVING SIZE

Calories 593 | Protein 31% | Fat 55% | Carbs 14%

NUTRIENTS | SERVING SIZE

Fiber 5g | Sodium 899mg | Sat. Fat 9g

INGREDIENTS (SERVES 4)

- 15 oz. canned salmon
- 1 tbsp. dried basil
- ¼ tsp garlic powder
- 1 egg
- 8-10 whole wheat crackers (crumbled)
- 1 tbsp. milk (if necessary)
- 1 tbsp. of olive or coconut oil
- 16-20 oz. bag of fresh baby spinach
- 14.5 oz. can mandarin oranges
- ¼ cup balsamic vinaigrette dressing
- ½ cup walnut pieces

DIRECTIONS

1. Drain and discard the liquid from the canned salmon and then pour the drained salmon into a mixing bowl.
2. Separate the salmon down the center and remove and discard the large bone. Add the dried basil, garlic powder, egg, and the whole wheat crackers (crumbled) to the salmon and then mix well. (If the mixture is too crumbly, then add milk, one tablespoon at a time; or if it is too wet, then add a couple more crumbled crackers).
3. Divide the mixture into four equal portions and then form into "burger patties."
4. Heat a non-stick skillet coated with 1 tbsp. of olive or coconut oil over medium heat. Once the oil is heated, add the salmon burgers.
5. When the bottom of the burgers begin to brown a bit, (about 3-4 minutes), flip them over, cover, and let the other side cook for an additional 3-4 minutes.
6. While the burgers are cooking, prepare the salad by mixing the spinach leaves with a the drained mandarin oranges, balsamic vinaigrette dressing, and the walnut pieces.
7. Top each burger with a slice of your favorite cheese and serve on a whole wheat bun.
8. Divide the salad into 4 equal portions and then serve one portion of salad and a salmon burger on each plate.

NOTE

- Use Salmon to top your salads.

The World Health Organization recommends adults consume at least 250-500 mg. of omega-3 fats per day. Research shows that omega-3 fats are beneficial to overall health, but most Americans are not consuming near enough. Eating foods high in omega-3 fats may reduce the risk for some cancer. These fatty acids are also good for the heart because they decrease triglycerides, slow/prevent the build-up of plaque in the arteries and may assist with managing blood pressure. Fish and shellfish, eggs and dairy products, flax and chia seeds, walnuts, and spinach and Brussel sprouts are examples of some foods that provide omega 3-fats.

The American Heart Association recommends eating two servings of fish/ shellfish per week. Fatty fish like salmon, mackerel, herring, lake trout, sardines and tuna and shellfish are great sources. A serving size of fish is about 3-4 oz. cooked, or about ¾ of a cup, flaked (canned). Another great benefit of seafood, is most are a great source of protein and there are numerous low-fat choices. Just like with fruits and vegetables, it is perfectly acceptable to meet recommendations for seafood/omega 3s by using a combination of fresh, frozen and canned. Choosing those that are not in sauces, seasoned and/or breaded are the best choices as a means to limit empty calories and added sodium.

To gain the greatest health benefits from fish and shellfish, while limiting the risk of exceeding the safe levels for mercury exposure, it is important to vary your choices and select mostly seafood that has lower levels of mercury. This is particularly important for pregnant and breastfeeding women, children, older adults and persons with weakened immune systems. The United States Food and Drug Administration has issued guidance to assist with safely choosing, preparing and storing seafood.

This meal uses canned salmon to quickly prepare a tasty, heart healthy "burger" topped with cheese, and served on a whole wheat bun. To keep the meal heart healthy and nutritious, the rest of the plate is filled with a fresh spinach, walnut, and mandarin salad.

DIETITIAN TIP

Frozen seafood that is not in sauce or breaded is a quick, easy high-protein choice to broil, bake, or grill. Use a variety of herbs and spices with a just a squeeze of lemon juice just before serving.

