

## 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 up to four days in the refrigerator.

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

**Nutrition Information per Serving:** (1/6 of recipe) Calories 230, Total Fat 9g, Saturated Fat 2.5g, Cholesterol 120mg, Sodium 730mg, Total Carbohydrate 17g, Dietary Fiber 1g, Sugars 2g, Protein 19g, Vitamin A 4%, Vitamin C 2%, Calcium 20%, Iron 10%.