

Salmon Burgers – delicious for breakfast, lunch or dinner

Ingredients:

1 can (14 ¾ oz) Wild Alaskan Salmon
1 egg white (or 1/4 cup egg substitute)
½ cup chopped green pepper
½ cup chopped red onion
1 tablespoon lemon juice
1 teaspoon lemon peel – grated
½ teaspoon dried rosemary
¼ teaspoon black pepper

Procedure:

Drain and flake salmon finely. (Remove skin and bones if necessary.)*
Combine all ingredients. Gently mix and form into 3-4 patties.
Pan fry over medium heat, ideally using high-heat (high-oleic) safflower oil.

Nutritional:

Each patty is approximately 21g-28g of protein or 3-4 blocks + 3-4 blocks of fat.

To create a balanced Zone meal, combine with your favorable carbs: Consider lentil salad, chickpea salad, or white bean salad with Arugula and capers.

*Notes

Most canned Alaskan salmon include skin and bones. Since the fish have been heat processed (cooked in the can), the skin and bones are easily incorporated into the recipe adding nutritional value, such as more omega-3s and calcium.

