



Salmon Burgers

Ingredients:

- 1 can canned salmon
- 1 egg
- ¼ cup red onion, chopped
- ½ cup seasoned breadcrumbs
- 1 TBSP olive oil

Directions:

1. Drain liquid from salmon; Reserve liquid
2. Mix egg, red onion, and breadcrumbs
3. Shape mixture into patties; If too dry, add reserved liquid from salmon
4. In a frying pan, heat oil over medium heat; Place patties in pan and cook until brown on each side (about 2 minutes per side)
5. Set aside on paper towel to drain excess oil
6. Serve on a bun, in a salad or on its own
7. Enjoy!

Note: You can add fresh herbs and spices to the mixture as well. You can also use a filet of fresh salmon and place into food processor to “grind”. Then follow rest of the steps.

Cookware needed:

- Mixing bowl
- Frying pan

Cost: 

Ease:



Health Benefit: This meal provides you with protein to keep you nice and full, as well as omega-3 fatty acids which are important for general heart and immune health, as well as for healthy brain development during pregnancy and in children!

Although these may seem intimidating to make, they are actually quite easy and require very few ingredients. They are a great and fun way to have a protein-packed meal, and freeze very well!