



## Salmon Burgers

Makes 6 servings

### Salmon Burgers:

1 14 <sup>3</sup>/<sub>4</sub> oz. can salmon (pink or red) including liquid  
1 tablespoon lemon juice  
1 <sup>1</sup>/<sub>2</sub> tablespoons Dijon mustard  
<sup>3</sup>/<sub>4</sub> cup quick oats  
2 tablespoons onion flakes or <sup>1</sup>/<sub>2</sub> cup green onion  
1 egg  
<sup>1</sup>/<sub>2</sub> teaspoon paprika  
1 teaspoon dried dill weed

### Creamy Dill Sauce:

<sup>1</sup>/<sub>4</sub> cup reduced-fat mayonnaise  
<sup>1</sup>/<sub>4</sub> cup reduced fat sour cream  
2 scallions, thinly sliced  
1 tablespoon lemon juice  
1 <sup>1</sup>/<sub>2</sub> teaspoons dill weed or parsley  
Freshly ground pepper, to taste

Directions: Remember to wash your hands.

1. Combine all ingredients and mix thoroughly; shape into 6 patties (approximately <sup>1</sup>/<sub>2</sub> inch thick.)
2. Pan fry, on both sides, in small amount of oil until lightly browned. Blot excess oil with paper towel before serving; or bake at 350 degrees for 25-30 minutes.
3. Combine sauce ingredients in a small bowl; mix well.
4. Cover and refrigerate for up to two days.

Nutrition information per burger: Calories - 150; Fat - 6 g; Carbohydrate - 9 g; protein - 16g; Sodium - 490 mg.

Nutrition information per serving (1 tablespoon sauce): Calories - 28; fat - 2 g; Carbohydrates - 2 g; sodium - 50 mg.

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