



Wild, Natural & Sustainable®

SALMON BURGER MELTS



yields 4-6 servings • preparation time: 25 minutes

INGREDIENTS

- 1 (14.75 oz.) can pink Alaska Salmon, drained and flaked
- 1 egg, beaten
- 1 tsp. seasoned salt
- 1/2 Tbsp. mustard
- 1/2 tsp. onion powder
- 1/3 cup instant mashed potatoes (dry), bread crumbs or saltine cracker crumbs
- Cooking spray, as needed
- 1 cup (4 oz.) shredded Cheddar, Colby or Monterey Jack cheese
- 4 whole wheat bread slices, toasted
- 4 lettuce leaves
- 4 large tomato slices

INSTRUCTIONS

1. Mix salmon and all remaining ingredients, except bread and tomato.
2. Shape mixture into 4 burger patties.
3. Cook patties in a spray-coated fry pan on medium heat until browned on both sides.
4. Top each piece of toast with a lettuce leaf, tomato slice and salmon patty.

A FACT ON CANNED SALMON

Omega-3 DHA is critical to brain function throughout life, promoting better better memory and cognition in everyone from babies to grandparents.

Nutrition Facts

Serving Size 1 burger
Servings per recipe 4

Amount Per Serving		Calories from Fat 83
Calories 364		
		% Daily Value
Total Fat 9g		14%
Saturated Fat 3g		13%
Trans Fat 0g		
Omega-3 fatty acids 1.27g		
Cholesterol 151mg		50%
Sodium 1115mg		46%
Total Carbohydrate 31g		10%
Dietary Fiber 6g		22%
Sugars 8g		
Protein 42g		83%
Vitamin A		35%
Vitamin C		48%
Vitamin D		151%
Calcium		25%
Iron		15%
Potassium		23%
Selenium 50mcg		

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