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 memory and cognition in everyone from babies to grandparents.