

## Salmon Burgers

Preparation time **10 minutes**

Cooking time **10 minutes**

Servings **4**

Cost per serving **\$2.36**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Cutting board, sharp knife, large frying pan, fork, measuring cups and spoons, grater, can opener, large bowl, spatula**



## Ingredients



2 cans (2 x 213g) **pink salmon**, drained



1 **egg**



125 ml (½ cup) **quick cooking rolled oats**



125 ml (½ cup) **grated mozzarella cheese**



20 ml (4 tsp) **molasses**



1 **garlic clove**, finely chopped



10 ml (2 tsp) **mustard powder**



2 **green onions**, minced



**Salt and pepper** to taste

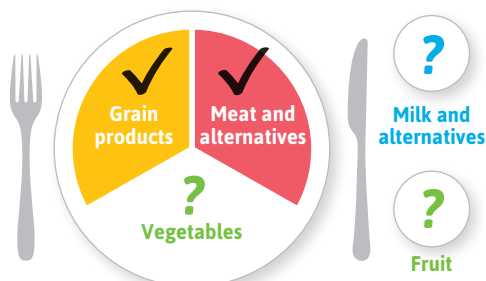


15 ml (1 tbsp) **canola oil**



4 **hamburger buns**, regular size (can be toasted, if you wish)

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### Balanced plate

Serve with:

- ? Vegetables (salad or raw vegetables, for example) and a fruit
- ? A glass of milk or fortified soy beverage

# Directions

1	<p>Pour the contents of both cans of <b>salmon</b> into a large bowl. Remove the skins with your fingers. Do not remove the bones — simply crush them between your fingers.</p>	
2	<p>Add the <b>egg, rolled oats, mozzarella cheese, molasses, garlic, mustard powder, green onions, salt</b> and <b>pepper</b> and mix thoroughly with your fingers.</p>	
3	<p>With your hands, make 4 patties about the size of your hamburger buns.  <b>Variation:</b> Children love mini burgers! Make 12 mini patties instead of 4 and buy mini hamburger buns.</p>	
4	<p>In a frying pan, heat the oil over medium-high heat. Brown the <b>patties</b> for 3 to 4 minutes on each side, until golden.  <b>Tip:</b> Use the cooking time to prepare your side dishes.</p>	
5	<p>Serve in <b>hamburger buns</b> with your choice of toppings.  <b>Tip:</b> The patties taste great on their own, served with rice and vegetables of your choice.</p>	

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition