

# Salmon Burgers



Servings: 3

500-grams salmon, cut into 1" cubes

1 tablespoon lemon zest

1 tablespoon chives, chopped

1 tablespoon all-purpose flour

salt and pepper

3 whole grain buns

1. In a bowl mix together salmon, lemon zest, chives, and all-purpose flour. Season with salt and pepper.
2. Shape the salmon mixture into 3 patties.
3. Place on a baking sheet lined with parchment paper.
4. Bake in a 350°F oven for 20 minutes or until the salmon is fully cooked.
5. Place the patties on to the buns and top with desired toppings.

6. Serve

Per Serving (excluding unknown items): 204 Calories; 6g Fat (26.6% calories from fat); 34g Protein; 2g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit.