

Salmon Burger

Preparation time: 10 minutes

Cooking time: 15 minutes

Yield: 4 servings

- 1 – 14.75 ounce can salmon, drained
- 1/4 cup red onions, diced
- 1/4 cup ground flaxseed
- 2 tablespoons Worcestershire Sauce
- 1/4 teaspoon black pepper
- 1 egg
- 1/4 cup plain bread crumbs
- 4 whole wheat buns

1. Mix all ingredients in bowl (except buns), kneading the mixture by hand until everything is well blended.
2. Form into four equal sized patties, about 3/4-inches thick, and about 3-4 inches in diameter.
3. Grill to an internal temperature of 160 F, or until well done.
4. Serve on toasted buns.

Nutrition Information Per Serving

Calories 327	Fat 11 g	Fiber 6 g
Carbohydrates 29 g	Omega-3 Fats 3182 mg	Calcium 110 mg
Protein 29 g	Cholesterol 108 mg	Sodium 470 mg