

FRESH SALMON-CILANTRO BURGERS

May 26, 2010

Skip the beef and serve a Mexican-inspired salmon burger topped with a fresh lime-cilantro mayonnaise sauce. Cook the salmon patties in a skillet to enjoy this hearty burger year-round. A spinach salad with a sweet, slightly spicy Asian-influenced dressing makes a tasty accompaniment.

Preparation Time: 30 minutes

Yield: 4 servings (serving size: 1 burger)

¼ cup reduced-fat mayonnaise
1 tablespoon chopped fresh cilantro
1 tablespoon fresh lime juice
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 (1-pound) salmon fillet, skinned and cut into 1-inch pieces
¼ cup dry breadcrumbs
2 tablespoons cilantro leaves
2 tablespoons chopped green onions
1 tablespoon seeded jalpeno pepper
2 tablespoons fresh lime juice
½ teaspoon salt
¼ teaspoon freshly ground black pepper
Cooking spray
4 (1 ½-ounce) hamburger buns with sesame seeds, toasted
12 (¼-inch-thick) slices English cucumber
4 leaf lettuce leaves

1. Combine first 5 ingredients in a small bowl; cover and

chill.

2. Place salmon in a food processor; pulse until coarsely chopped. Add breadcrumbs and next 6 ingredients (through ¼ teaspoon black pepper); pulse 4 times or until well blended. Divide salmon mixture into 4 equal portions, shaping each into a ¾-inch-thick patty.
3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 2 minutes. Carefully turn patties over; cook 2 minutes or until done.
4. Spread about 1 tablespoon mayonnaise mixture over bottom half of each hamburger bun. Top each serving with 1 salmon patty, 3 cucumber slices, 1 lettuce leaf, and top half of bun.

Spinach salad: Combine 2 tablespoons hoisin sauce, 1 tablespoon rice vinegar, 2 teaspoons canola oil, 2 teaspoons water, and ¼ teaspoon chile paste in a large bowl; stir well with a whisk. Add half of 1 (5-ounce) package baby spinach, ½ cup yellow bell pepper strips, and ¼ cup thinly sliced red onion to bowl; toss to coat.

Nutrition Information

CALORIES 341; FAT 11.5g (sat 2g, mono 2.9g, poly 4.9g); CHOLESTEROL 66mg; CALCIUM 67 mg; CARBOHYDRATE 30.9g; SODIUM 816 mg; PROTEIN 31.6g; FIBER 1.8g; IRON 2.2mg

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