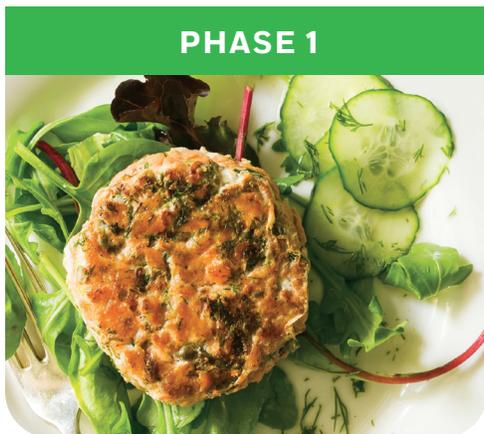


dill-and-caper salmon burgers

SERVES 2 • READY IN 30 MINUTES OR LESS



Ingredients:

- 8 ounces canned red salmon, drained
- 2 egg whites, lightly beaten
- 2 green onions, minced
- 2 tablespoons chopped dill
- 2 tablespoons drained and chopped capers
- 1 teaspoon finely grated lemon zest
- 1 teaspoon Dijon mustard
- Pinch salt
- 2 teaspoons canola oil
- 2 cups spring mix greens
- 2 lemon wedges
- Cucumber-Dill Salad (see page 97) or 2 servings select vegetable of your choice

Place the salmon in a medium bowl and pick through to remove any large bones or large bits of skin. Add the egg whites, green onions, dill, capers, lemon zest, mustard, and salt. Mash with a fork until the mixture holds together.

Heat the oil in a large nonstick skillet over medium heat. With damp hands, form the salmon mixture into 2 thick patties, each about 3 inches wide and 1 inch thick; or spoon the mixture into a ²/₃-cup measure and drop it into the skillet, then repeat with the remaining mixture and press down with a spatula until the patties are a little wider.

Cook the patties, flipping them once with a wide spatula, until well browned and cooked through, about 5 minutes per side. (If a patty cracks when you flip it, just press the pieces back gently with the spatula; it will be fine as it cooks.)

Divide the greens between 2 plates. Top each plate with a burger and serve with a lemon wedge and Cucumber-Dill Salad.



Want to make these delicious burgers with fresh, not canned, salmon? No problem. The easiest way to do it is to take 8 ounces of skinless fresh salmon fillet (make sure any pin bones are removed) and cut it into chunks. Place the chunks in a food processor and pulse until it is very finely chopped but not pureed. It will be a delicious substitute for canned salmon.