



Salmon Burgers

Ingredients

1 can of salmon, drained with bones removed
1 whole egg, 2 egg whites
1/3 cup raw oatmeal
2 tbsp freshly chopped parsley
1 tsp minced garlic
1 tbsp olive oil

Directions

1. In a bowl, combine salmon, eggs, oatmeal, parsley, and garlic until well blended.
2. Form mixture into patties about 1/2 inches thick.
3. Heat oil in a skillet over medium heat and then place each patty on the pan.
4. Cook patties for 4 minutes, flip, and then cook for another 2-3 minutes.
5. Serve with a wholegrain bun or in a lettuce wrap. For extra flavor, smear bun or lettuce with a bit of Dijon mustard or low-fat mayonnaise mixed with lemon juice.