

## Recipe – Salmon Burgers

Adapted from EatingWell.com

### Ingredients:

- 3 tsp olive oil
- 1 onion, finely chopped
- 2 celery stalks, finely chopped
- ¼ cup parsley, finely chopped
- 15 oz. canned salmon, drained, or 1 ½ cups cooked salmon
- 15 oz. canned white beans, drained
- 2 eggs, lightly beaten
- 1 ½ tsp Dijon mustard
- ½ tsp black pepper
- 1 lemon, cut in wedges

### Creamy Dill Sauce

- ½ cup butter or plain yogurt
- 2 scallions, thinly sliced
- ½ lemon, juiced
- ¼ cup dill or parsley, finely chopped
- pepper to taste

### Directions:

#### Salmon Burgers

Preheat oven to 450 and grease baking sheet

Heat oil in large skillet over medium-high heat

Add onion and celery and cook, stirring, until softened, about 3 minutes

Stir in parsley and remove from heat

Place beans in a large bowl and mash into a smooth consistency

Add salmon (including canned bones and skin) and mash in with the beans

Add eggs and mustard and mix well

Add onion mixture and pepper and mix well

Shape the mixture into 8 patties, about 2 ½ inches wide and place on cookie sheet

Bake until firm and slightly browned, about 20 minutes (watch to check for burning and may need to turn down oven temperature)

Serve with Creamy Dill Sauce and lemon wedges

#### Creamy Dill Sauce

Combine butter (or yogurt), scallions, lemon juice, dill (or parsley) and pepper in a small bowl and mix well

Serves 4